

UNIVERSITY OF SASKATCHEWAN

COLLEGE OF AGRICULTURE

Report of the First Annual

CONVENTION

—OF THE—

HOMEMAKERS' CLUBS
OF SASKATCHEWAN

—HELD AT—

Regina, Sask., Jan. 31, Feb. 1, 2 and 3
1911

SASKATOON, SASKATCHEWAN

1911

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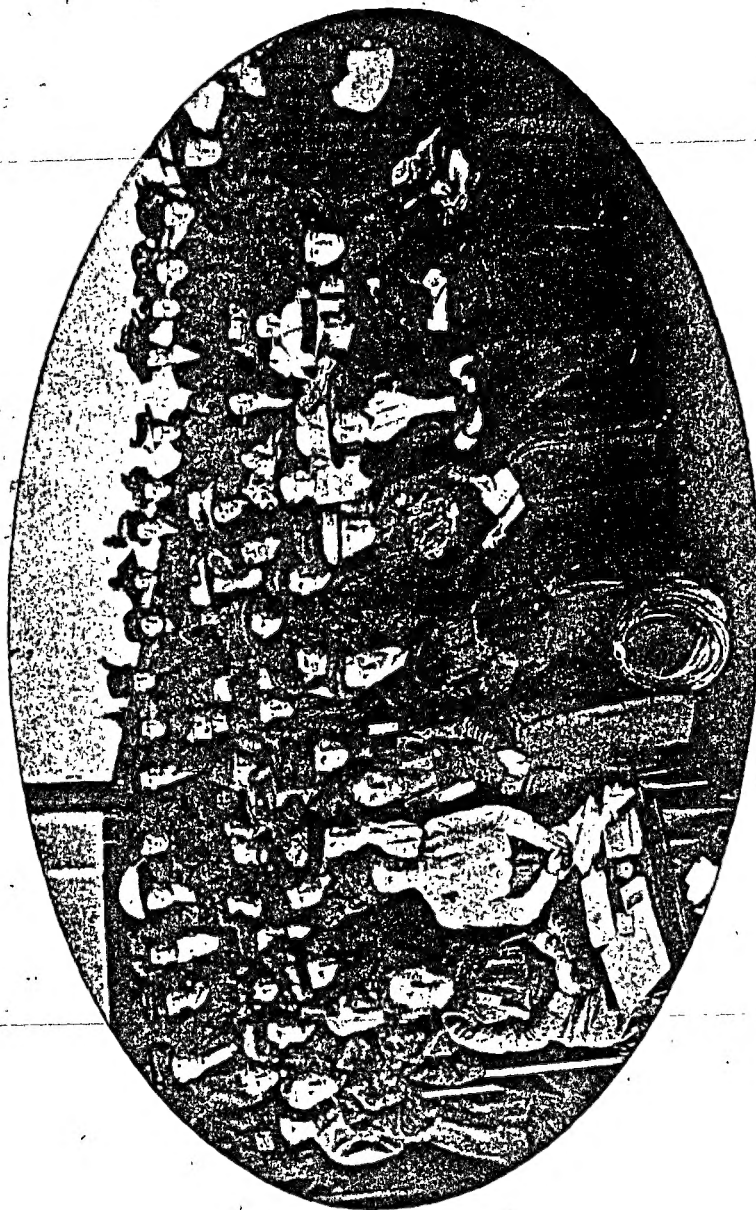
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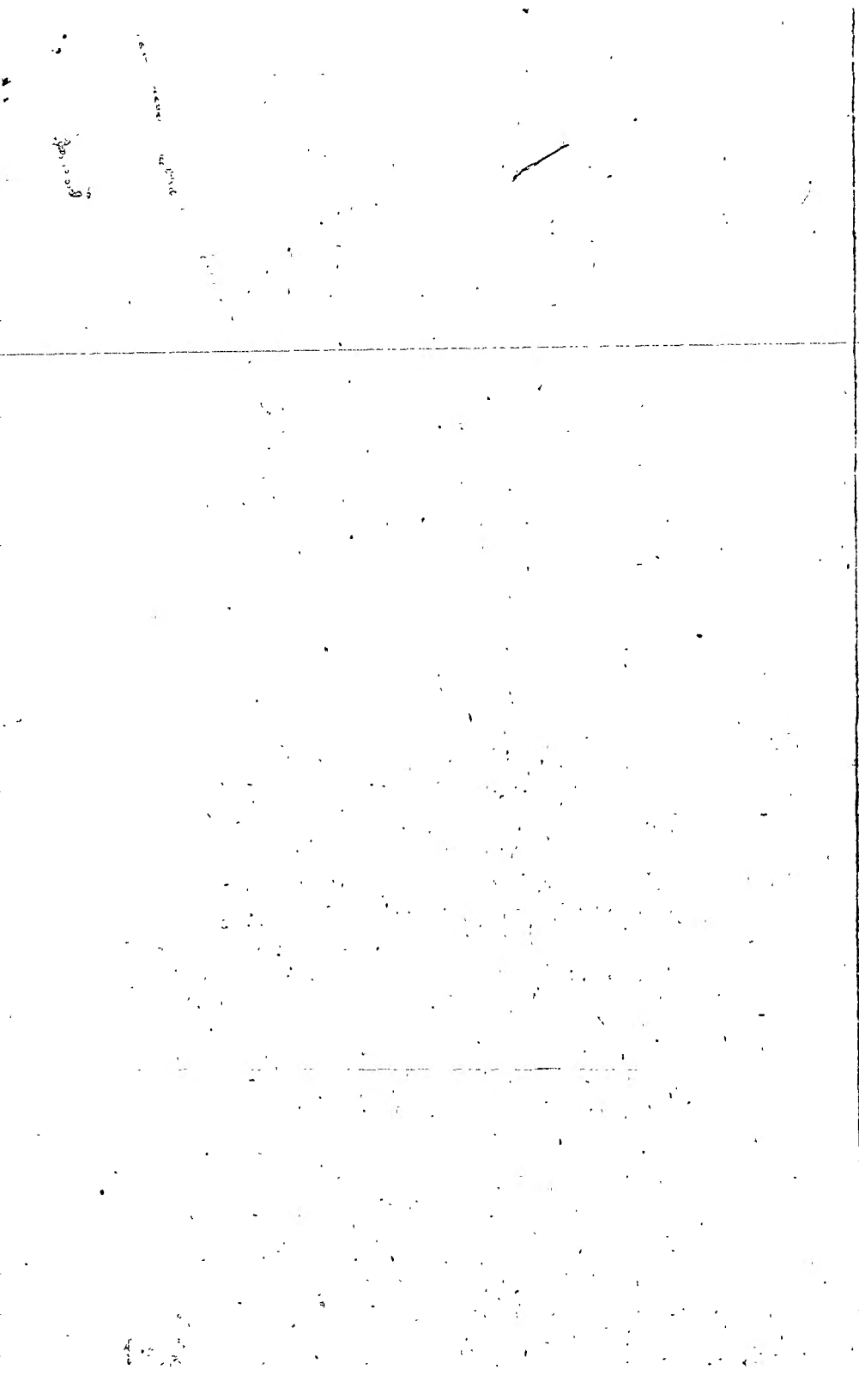
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HOMEMAKERS IN CONVENTION AT REGINA, JAN. 31- FEB. 3, 1911



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List of Delegates in Attendance

Mrs. J. M. White, Moosomin	Mrs. H. Coy, Grenfell
Mrs. A. G. Hawkes, Percival	Mrs. Cameron, Grenfell
Mrs. Percy E. Argue, Windthorst	Mrs. R. A. Magee, Wolseley
Mrs. A. G. Thorburn, Broadview	Mrs. A. P. Hammond, Grand Coulee
Mrs. J. King Irwin, Broadview	Mrs. I. Law, Regina
Mrs. C. Bishop, Broadview	Mrs. E. E. Stigman
Mrs. F. J. Dash, Broadview	Mrs. M. O. S. Fyfe, Bladworth
Mrs. J. F. Johnston	Miss Louise Ramsay, Bladworth
Mrs. Jno. Coleman	Miss Lena Ramsay, Bladworth
Mrs. Ed. Wood	Miss Annie Ibbetson, Bladworth
Mrs. H. L. Quinn, Regina	Mrs. G. Creighton, Regina
Mrs. Thomas Ross, Moosomin	Mrs. J. J. Mitchell, Regina
Miss Stella McLean, Foam Lake	Mrs. W. K. McDougall, Regina
Mrs. Victor Hood, Kelliher	Mrs. J. G. Milne, Qu'Appelle
Mrs. R. D. Fairbairn, Carnduff	Mrs. R. P. Paynter, Tantallon
Mrs. Will Hardy, McLean	Mrs. R. M. Douglas, Tantallon
Mrs. D. J. Christie, Bladworth	Mrs. W. H. Ellis, Ellisboro
Mrs. I. B. Graham, Winnipeg	Mrs. R. J. Kinnon, Pense
Mrs. D. McIntyre, Regina	Mrs. Levi Thomson, Wolseley
Mrs. F. S. Wilbur, Creelman	Mrs. J. Elliott, Wolseley
Mrs. Fred Shaw, Gainsboro	Mrs. T. J. Bennett, Regina

The Homemakers' Clubs of Saskatchewan

COMMITTEE ON CONSTITUTION.

At its first session, on January 31st, the convention appointed a committee to recommend a form of constitution for Homemakers' Clubs. On Friday morning the committee reported in favour of the form of constitution contained in the following pages. The committee was composed of the following members:

Miss Lillian K. Beynon, Winnipeg
Mrs. Percy Argue, Grenfell
Mrs. A. G. Hawkes, Broadview
Mrs. F. J. Dash, Hillesden
Mrs. Will Hardy, McLean
Mrs. Lorne K. Elliott, Winnipeg
Mrs. J. M. White, Moosomin
Mrs. H. Coy, Grenfell
Mrs. R. A. Magee, Wolseley
Mrs. D. J. Christie, Bladworth

Constitution of Homemakers' Clubs

OBJECT.

The object of the homemakers' clubs of Saskatchewan shall be to promote the interests of the home and community.

WHERE CLUBS MAY BE ORGANISED.

A homemakers' club may be organised in any public school district.

HOW CLUBS MAY BE ORGANISED.

Homemakers' clubs may be organised at any gathering of women called for that purpose of which two weeks' notice must have been given in the newspaper published nearest to the place where it is proposed to organise, or by posting a written notice in the post office or school house or church. The said notice must state the place and the hour of the meeting. A homemakers' club may be organised at any public meeting for women called either by or under instructions of the Director of Agricultural Extension, College of Agriculture, Saskatoon.

REPORT OF ORGANISATION.

Within one month after organisation the secretary shall forward to the Director of Agricultural Extension on forms provided for that purpose a report of the organisation meeting, giving the names of the officers elected and the address of each, as well as the name and address of each charter member. She shall also submit a copy of the official minutes and the said report shall be signed by the president and the secretary.

CHARTER.

Upon receipt of the report of organisation the Director of Agricultural Extension shall supply the club a charter, and a charter shall not be granted to any other homemakers' club in the same school district.

CONSTITUTION OF LOCAL CLUBS.

Name.

The name of this organisation shall be "The (name of school district) Homemakers' Club."

Officers.

The officers shall consist of a president, a vice president, a secretary treasurer, three directors, and one additional director for each ten members of the club in excess of thirty (30) at the close of the preceding fiscal year, which shall be November 15th in each year. At the organisation meeting three directors may be appointed.

Auditors.

There shall be appointed at each annual meeting two auditors who shall not hold any other office during the period for which they are appointed, but they may serve on committees.

Election of Officers.

Officers shall be elected by ballot at the annual meeting and a majority of the votes cast shall elect.

DUTIES OF OFFICERS.

President.

The president shall preside at all meetings of the club, as well as at meetings of the board of directors. If special meetings of the whole membership of the club, or of the directors, are desired, the president shall direct the secretary to call such meetings.

Vice President.

The vice president shall perform the duties of the president in her absence.

Secretary Treasurer.

The secretary treasurer should attend all regular meetings of the club, as well as meetings of the Board of Directors, and shall keep a record of the minutes of such meetings in a book furnished for that purpose. If she is unable to attend a regular meeting of the club she should make arrangements in conjunction with the president for some person to act in her place. At the opening of each meeting the president shall call upon the secretary to read the minutes of the preceding meeting. As soon as these have been approved by those in attendance the president shall sign the same. The secretary shall also keep a record of the members of the club in the minute book and shall furnish names of new members to the county secretary promptly. (Until a county association is organised the names should be sent to the Director of Agricultural Extension, Saskatoon, Sask.) Great care should be exercised in giving the initials of the members and in stating whether Mrs. or Miss, and also not to report a name more than once during the year November 16th-November 15th. Reports of all meetings should be sent to the Director of Agricultural Extension upon the forms furnished for this purpose not more than ten days after the meetings have been held. In sending reports of meetings please indicate the name of the hall, or other place at which the meeting was held, the number in attendance, the names of the persons taking part in the programme, subjects discussed, and such other notes regarding the meeting as will be of interest. If a paper or address has proved of exceptional interest to the members, the Director of Agricultural Extension will be pleased to get a copy of the same. Secretaries are also asked to furnish to the Director of Agricultural Extension any particulars regarding new features of work which have proven interesting and beneficial to the members. An exact record should be kept of all receipts and expenditures and a financial statement should be furnished by the local secretary to the Director of Agricultural Extension not later than November 15th. Receipts should be furnished to cover all expenditures.

Executive Committee.

The executive committee shall carry into effect the business of the club as specified by the membership as a whole or by the board of directors. They will sometimes have to take action without consulting the directors. Anything of unusual character, however, whether it be regarding meetings, entertainments or expenditure of funds, should be referred to the directors.

Special Committees.

The chairman of each committee should report to the board of directors or at regular monthly meetings when called upon to do so by the president.

Auditors.

The auditors should see that the balance carried forward from the preceding year corresponds with the records as contained in the financial statement of the year before. The receipts for membership should correspond with the records of members as found in the minute book. All expenditures should be vouched for by receipts. The additions should be checked by the auditors.

EXECUTIVE COMMITTEE.

The executive committee shall consist of the president, the vice president and the secretary treasurer.

VACANCIES.

In the event of any of the officers retiring from office during the year, the vacancy shall be filled at the next regular meeting, but notice of such vacancy and the forthcoming election must be sent to each member at least six days before the date of such regular meeting.

MEMBERSHIP.

Any woman or girl over fifteen years of age may become a member of a local homemakers' club upon payment of the membership fee, which shall entitle her to membership during the calendar year for which it is paid.

FEES.

There shall be an annual membership fee of twenty-five cents.

COMMITTEES.

There may be appointed the following committees: Membership committee, programme committee, committee on meeting places, financial committee, and any others that may be deemed necessary. The president and the secretary treasurer shall be *ex officio* members of all committees.

MEETINGS.

At least four regular meetings shall be held in each year at such times and in such places as may be decided by bylaw and special meetings may be called at any time by the president.

ANNUAL MEETING.

An annual meeting of each homemakers' club shall be held between November 20th and December 20th in each year. Notice of the annual meeting must be given to each member at least one week previous to the date of such annual meeting. Membership fees for the ensuing year shall be paid at this meeting.

QUORUM.

The members present shall constitute a quorum for a regular meeting, but a majority of the total membership shall be necessary for a quorum of a special meeting. A quorum of an executive meeting or of a committee meeting shall consist of the majority of the members of the committee.

ORDER OF MEETINGS.

Regular Meetings of Local Clubs.

Opening exercises.
 Reading of minutes.
 Approval of same by the audience and signing of minutes
 by the president.
 Unfinished business.
 Reports of committees.
 Business arising out of minutes and reports of committees.
 New business; miscellaneous business.
 Regular programme.
 Adjournment.

Annual Meeting of Local Clubs.

Opening exercises.
 Reading of minutes of previous annual and special
 meetings.
 Approval of same by the audience and signing of minutes
 by the president.
 President's address.
 Reports of committees, including report of the secretary
 treasurer.
 Business arising out of minutes and reports of committees.
 Election of officers for ensuing year.
 New business.
 Regular programme if one has been prepared.
 Adjournment.

SOME RULES FOR CONDUCTING MEETINGS.

Voting on a Question.

A vote may be taken on a question by a show of hands or by
 ballot. After a motion has been made and seconded, the next
 thing in order will be for the presiding officer to state the ques-
 tion. If it is debatable, she will call for a discussion, but if it
 is not she will take the vote at once. Before the vote is taken

on any motion or amendment the presiding officer shall ask: "Is the meeting ready for the question?" The question shall not be put when it is debatable so long as any member desires to speak and is in order. Should an amendment to a motion be made the amendment should be voted upon before the original motion. The presiding officer should always call for a negative vote unless the vote be unanimous. After the vote has been taken the presiding officer shall announce the result. The maker of a motion can vote against it but cannot speak against her own motion. A member cannot vote upon a question which purely affects that member and that member only, but if it relates to several members she may. The presiding officer may vote when there is a tie, or when her vote will make a tie and so defeat the measure. At all other times the presiding officer cannot vote.

Except by permission of the presiding officer no member or other person shall speak except to ask a question, or to introduce or speak to a motion.

In discussion following the introduction of a subject, no person shall speak more than twice nor for a longer time than five minutes, except by vote of the meeting.

When a question is under consideration no motion shall be in order except the following: (a) to adjourn; (b) to postpone; (c) to amend. These motions take precedence in the order named and the first two shall be decided without debate.

A motion to reconsider any question decided by the club shall be in order, provided such motion be not made on the same day on which the original resolution carried, and official notice of the intention to bring in such motion must have been given.

The following motions are not debatable and must be voted upon without discussion or comment by either audience or presiding officer:

To adjourn—majority vote required to carry.

Objections to considering the question—two-thirds vote required to carry.

To lay on the table, i.e. to leave for consideration at a subsequent meeting—majority vote required to carry.

ELECTION OF OFFICERS.

Officers may be elected by vote by ballot or by acclamation. The first duty of the presiding officer is to ascertain how many in the assembly are members entitled to vote. The president may preside during the election of officers or may call upon someone else to take the chair. When voting by ballot the chair will appoint scrutineers to distribute through the assembly slips of paper for ballots. A member may vote for any eligible member for office. When the ballots have been distributed and time allowed for marking, the chair shall order all ballots collected and will ask if all have voted who are entitled to vote. She will then state that the ballots have all been collected and order the scrutineers to count same. In counting the ballots all blanks and spoiled ones are ignored and thrown out. After all ballots have been counted the one keeping the count shall report the name of the candidate who receives the largest number of votes cast and the chairman shall thereupon declare her elected. A scrutineer may be a candidate but after she is nominated she shall either decline nomination or resign as scrutineer, as it would not be wise for a candidate to be allowed to count her own ballots.

COMMITTEES.

Committees may be nominated by the assembly or appointed by the chair and may be elected either by acclamation or by ballot. The chair has the right to appoint a committee only after the carrying of a motion to that effect. Each person has the right to nominate one only for the committee until all other members have had the opportunity to nominate. Standing committees are permanent committees; special and temporary committees are chosen to take charge of special work and are created whenever necessary. All committees should be organised, especially temporary committees. The business in charge of the committee should be conducted the same as in that of a large body. The first one named on the committee is temporary chairman whose business it is to obtain a list of the committee, appoint a place, set a time and make preliminary arrangements for a meeting. The majority of the members of a committee constitute a quorum.

The first thing to do in a committee is for the temporary chairman to call the meeting to order and ask for nomination for a secretary. After the election of a secretary she should call for nominations for a permanent chairman. The temporary chairman may be made a permanent one or another may be elected. The chairman can then proceed to the business for which it was created. Only what the majority agrees to becomes the report of the committee. Either the chairman or the secretary of the committee reads the report. The minority of a committee may present a minority report, which shall be heard following the report of the committee and before the latter has been acted upon.

BYLAWS.

Each local club may adopt bylaws for the conduct of its business and affairs but such bylaws shall not be inconsistent with the objects of the club and copies of them must be sent forthwith to the Director of Agricultural Extension.

SUGGESTIONS FOR HOMEMAKERS.

ASSISTANCE IN HOLDING MEETINGS.

The Extension Department of the Saskatchewan College of Agriculture will supply speakers for county conventions and will so far as possible send speakers to meet the women in central localities. This is a large province and the expense of visiting the two thousand or more branches which will in the near future be in existence is a well-nigh impossible task. The county officers and officers of local clubs will, no doubt, be glad to render assistance in organising and visiting local clubs. Through county and provincial conventions the Extension Department hopes to keep in touch with local clubs and assist them as much as possible.

But the fact that there is abundance of local talent must not be overlooked. In Saskatchewan, as in the other Western provinces, there are women who have had rare educational and other advantages. There are those who can be of great assistance in conducting women's meetings, not only in an executive way, but in contributing of their knowledge regarding the question under consideration. Those with musical gifts also can

help by brightening the programme and all who pour their personality into a work of this kind will get back rich rewards in increased capacity for service and will have, besides, the satisfaction of having been of service to others. For this reason, therefore, the inability of the Extension Department to provide speakers as frequently as they desire should not be regarded by the local homemakers' clubs as a fact to be regretted.

SUBJECTS FOR DISCUSSION.

The student of household economy will find a great many topics worthy of discussion at homemakers' club meetings. Perhaps there is a danger of some of the questions proposed for discussion being treated in such a superficial way that their real value is not appreciated nor the lessons which might be drawn from them properly understood. This danger, however, need only be suggested in order to be avoided.

The work undertaken at present by the Saskatchewan Bureau of Public Health affords material for discussion at many meetings and some of the bulletins on contagious and infectious diseases, if studied and considered by our homemakers, would avert many a sad domestic experience.

The College of Agriculture aims to provide a series of popular bulletins which will be supplied free to all members of homemakers' clubs. A fuller announcement will be made of this later.

The following list of subjects may contain suggestions for programmes:

1. The making, keeping and marketing of butter.
2. Egg production in winter.
3. The preparation of vegetables for the table.
4. Canning and preserving fruits.
5. Contamination of wells by drainage from house and barns.
6. Paper on first aid nursing.
7. Heating and ventilation; value and cost of different methods.
8. More simple cooking and better serving.
9. Domestic help; their treatment, training, duties and rights.
10. Labour saving appliances in the home.
11. Daily and weekly programme of work.

12. Insect pests of the house.
13. Floors; hardwood *versus* carpets.
14. Living on an allowance.
15. Waste in buying.
16. Care of furniture.
17. Duties of children to teach them responsibility.
18. Allowances for children.
19. Home reading and games to amuse the young.
20. What a child should know before going to school.
21. The value of holidays for the homemaker.
22. Furnishing and decorating the school house.
23. Benefits from club meetings.
24. The dress of the homemaker.
25. Salad contests; recipes given.
26. Marketing; co-operative market advantages.
27. Planning a home. Women architects.
28. Furnishing a home for comfort.
29. Value of domestic science training.
30. Caring for a young baby.
31. How to interest girls in scientific homemaking.
32. Nurses for the country districts.
33. Value of a library. How women may secure one.
34. Literary meetings.
35. Public meetings, concert or banquet.
36. The value of the annual fair.

These topics are merely suggested as a guide to the kind of work the clubs are finding helpful. Hundreds of other subjects will suggest themselves. It has been found that one subject thoroughly discussed is of more value than many subjects merely touched upon but not fully understood.

DISTRICT AND PROVINCIAL EXECUTIVES.

It is planned to have a county executive in each of the constituencies which are the units of representation in the Legislature of Saskatchewan to be known as "The (name of constituency) Association of Homemakers' Clubs." There may also be a provincial executive known as "The Federated Homemakers' Clubs of Saskatchewan," and it will probably consist of one representative (the county president) from each county association. The Director of Agricultural Extension shall be *ex officio*

secretary and managing director of the Federated Homemakers' Clubs of Saskatchewan and shall have the direction of all homemakers' clubs in the province.

The county associations and the federation for the province will not be organised at once and in the meantime all reports which will later be sent to the county secretary should be forwarded direct to F. Hedley Auld, Director of Agricultural Extension, College of Agriculture, Saskatoon, Saskatchewan. The basis of representation in the county association will be determined later and all local clubs will be advised regarding both that and the holding of county conventions.

PROGRAMME

Tuesday, January 31st.

(Afternoon)

- 1.30 Registration of Delegates.
- 2.00 "Women's Clubs; Their Nature and Purpose."—Miss Lillian K. Beynon.
- 2.30 "Experiences with Women's Institutes in Ontario."—Mrs. Lorne J. Elliott.
- 3.15 Appointment of a Committee to Recommend a Form of Constitution for Women's Clubs.
- 3.45 "The Importance of Social Life in Country Homes."—Mrs. N. L. McClung.
Musical numbers provided by the Women's Musical Club.

Wednesday, February 1st.

(Afternoon)

**Model Women's Club Meeting.—Miss Lillian K. Beynon
presiding.**

- 1.30 Formal Opening.
- 1.45 "A Model Kitchen."—Miss E. Cora Hind.
- 2.25 "Growing Strawberries in Saskatchewan."—Norman M. Ross.
- 3.00 "House Plants; Their Care and Propagation."—Mrs. R. E. Purdy.
- 3.45 "Fattening and Marketing Poultry."—W. A. Wilson.
- 4.30 Domestic Bookkeeping."—Mrs. W. R. Motherwell.
Musical numbers provided by the Women's Musical Club.

Thursday, February 2nd.

(Afternoon)

Model Women's Club Meeting.—Mrs. Lorne J. Elliott
presiding.

- 1.30 Formal Opening.
- 1.45 Cooking Demonstration by Miss Joan Hamilton.
- 3.45 "Our Domestic Water Supply."—Dr. G. A. Charlton.
- 4.15 "Hints on Home Nursing."—Dr. Mary Crawford.
Musical numbers provided by the Women's Musical Club.

Friday, February 3rd.

(Morning)

- 9.00 "What Women's Clubs Can Do for Our Public Schools."
—Miss Lillian K. Beynon.
- 9.45 Report of the Constitution Committee.
- 10.30 "Plans of the College of Agriculture for Assisting
Women's Clubs."—F. Hedley Auld.
- 10.50 "The Delegate's Duty After the Convention."—Miss
Mary S. Mantle.
- 11.20 "Domestic Science Training for Saskatchewan Women."
—Hon. W. R. Motherwell.

On Friday afternoon the Regina Local Council of Women will give a reception to the visiting delegates. Fuller information will be given at the Convention.

PROCEEDINGS OF THE
FIRST ANNUAL CONVENTION OF THE
HOMEMAKERS' CLUBS OF
SASKATCHEWAN.

OPENING SESSION, JANUARY 31, 1911.

The convention was called to order at 2 o'clock p.m. in the Collegiate Institute, Regina, by F. Hedley Auld, Director of Agricultural Extension, University of Saskatchewan.

Vocal and instrumental music by Mesdames Merry and Rimmer during the afternoon was greatly enjoyed by the audience.

OPENING ADDRESS BY THE DIRECTOR OF AGRICULTURAL
EXTENSION.

Ladies:

I regard it as a great honour to be privileged to welcome you to this convention, the first of the kind to be held in Saskatchewan. You know that the Department of Agriculture has ever since its formation, some thirteen years ago, been active in lines of work calculated to improve the conditions of agriculture in this part of Canada. This activity has been displayed in many ways, but it has been directed almost entirely to an improvement of the crops and live stock. The needs of the home have not been given the proportion of attention which they deserved. The lines of work undertaken by the government of this province through the agricultural department have, however, been prompted and inspired by the great need which existed for carrying on educational work with the men who produce the crops and live stock from the sale of which it is possible to provide the necessary household conveniences. New settlers have been flocking into this country by the thousands

and attention had to be given to them in order that they should learn as soon as possible the best methods of farming, so that their efforts would meet with a fair measure of success. It was realised, however, that more attention would soon have to be given to the other side of the question, and now we purpose to be of as great assistance as possible to the women of Saskatchewan, and as we worked and are working to make farming profitable, we purpose to work to make farm life comfortable, pleasant and enjoyable.

Many of you know that meetings for women were held a few weeks ago by Miss Beynon, who is perhaps better known throughout Western Canada as "Lillian Laurie," the name under which she is conducting her "Woman's Page" in the Manitoba Free Press. Those meetings were held in connection with the agricultural societies on the Canadian Pacific Railway main line east of Regina. At several of the points where meetings were held the women organised a women's club. The purpose of those meetings was not very well understood, but the results have been quite encouraging. This gathering of women here today is the result of the beginning made last fall by Miss Beynon.

We aim to have ultimately a branch of the Women's Clubs in every school district in Saskatchewan. It will take time to do this, but the measure of success which you women realise in the clubs to which you belong will be the means of hastening or retarding its extension into other districts. We have drafted a constitution which embodies many of the desirable features of the women's institutes and clubs in other places. This will not be finally adopted until you have had an opportunity of considering it carefully. I would suggest the advisability of appointing a committee to deal with this draft constitution. It is yours to analyse and amend in any way that seems necessary.

We have a programme of addresses and discussions which I think you will enjoy. The mornings are left free for you to use as you wish. The afternoon sessions will be held in the hall which the collegiate board has kindly placed at our disposal. The topics dealt with here relate more particularly to homemaking and to the work of the organisation with which you have chosen to become identified. The programme of the agricultural societies' convention which is being held in the City Hall contains a number of features in which you will be

interested. In fact, the evening sessions are for you as much as they are for the delegates from the agricultural societies. We trust that you will enjoy them.

I regard it as unfortunate for me that I am obliged to give so large a part of my time to the agricultural societies section of the convention. I should like to hear the addresses on your programme.

Before the close of the convention I shall, however, attend one of your sessions and speak to you about the assistance which the College of Agriculture plans to give to the women's clubs.

Before leaving you to take up the regular programme, I should like to acknowledge the kindness of the Women's Musical Club of this city in consenting to supply music for your afternoon meetings and also the thoughtful kindness of the local branch of the National Council of Women in tendering a reception for the visiting delegates. This reception will be held in the Y.M.C.A. hall on Friday afternoon.

We are fortunate, indeed, in having the assistance at this convention of Miss Beynon, who will preside at the greater number of the convention sessions. Her work last fall was highly appreciated and her assistance is invaluable at the present time. While she addresses you on "Women's Clubs; their Nature and Purpose," I would like Mrs. Thorburn to occupy the chair. Mrs. Thorburn is president of the Broadview Women's Club, and it is fitting that at this, the first convention of its kind held in Saskatchewan, the first president of the first women's club in the province should preside at its first session. I will now ask Mrs. Thorburn to take the chair.

"Women's Clubs : Their Nature and Purpose."

An Address by Miss Lillian K. Beynon.

In speaking to you of this organisation, I shall be better understood if I refer to it as women's institutes, instead of club, the name by which it is known in Ontario, and in many of the States of the United States. The choice of a name for

this organisation will be part of the duty of the constitution committee, which will be appointed during this convention.

This work was first started in Saskatchewan last fall. At first there was some objection to separating the work of the men and women, many agricultural societies having had women among their most active members. There are no doubt advantages in having men and women work together, but we find in life that if we are going to succeed we must specialise. Farming and housekeeping are no exception to this rule. The farmer will not have time to learn all the secrets of housekeeping, nor will his wife have time to learn all about farming, if she is going to master her own profession of homemaker. So that the idea in separating the men and women is merely to save time, a commodity rather scarce in this western land.

It is not long since agriculturists discovered that farming is a profession. It is not long since they laughed at the book farmer—laughed at the idea of going to college to learn to farm. Now these same men send their sons to agricultural college and their daughters to take a course in domestic science. In the women's institute movement we find the recognition by the women of the fact that housekeeping is also a profession, and also that woman is not a natural born housekeeper. If men need to study how to feed the stock, how much more do women need to know how to feed their families. If men need to study the preparation of the soil for seed, much more should women study the minds of their children—that the soil there may be prepared to learn rightly the lessons life is every day teaching. A society in which women may meet for a discussion of such problems could be made most helpful.

It has been said that housekeeping is the most backward science in the world. It was no doubt a man that said if women went away for six months and left the men to do the work, they would on their return find the men sitting on the fence smoking while machinery did the work. I found on my organising trip last fall that the men were much interested in the possibility of having the gasoline engine do the heaviest work in the house. The women were a little more backward. Many would rather drudge along in the same old way than be bothered trying something new. Women are much too scarce in this western country for us to be able to afford to wear them out over the wash tub and the churn when an engine can be purchased at a very reasonable price to do the work quite as well.

The West is an unusually good field for organisation, for we have on these prairies a great number of educated women from all parts of the world. There are women qualified to speak on the care and training of children, on housekeeping, on poultry, and on all subjects of interest to the homemaker. When such women meet for mutual benefit the whole district will be benefited. Another strong feature of this work is that the older women are not left out; they are there to learn and help. This is an age when a person is never too old to learn. People do not care how old they are; if they feel there is some work for them to do, they are going to learn how. The mother cannot go to college, but she can keep abreast of the times in her home, and in that way can keep up with her daughters and not be left behind them in this race for knowledge.

There are classes at the present time to teach clerks how to sell. It is a perfectly legitimate thing for them to learn just how to put down something in front of you so that you will buy. Should we not, as women, learn how to buy? It is said that women have been to blame for the high cost of living. If we are to blame in any way for the high cost of living, it is in unwise buying. Study how to buy; study the value of money, because a great deal of the money is spent by women.

There is another thing that the women are studying in their clubs—system in their work. "I did not come to your meeting for my work gets behind when I am away for a few hours," is a frequent statement heard. Women, because of lack of system, become slaves to their work. Some women think that work is the great big thing in life, that body is the great big thing, and not the mind. Woman is not made for work only. Her children have minds as well as bodies and she should make the home a place where they will be nourished mentally as well as physically.

I have hundreds of letters from women asking about the care of small children, perhaps how to feed them. Many experienced women can help them, and that is another way in which women can help each other in these clubs—older women can help the younger ones in the feeding and care of children. Another subject which they ask about is poultry. Women are making a study of poultry. Gardening is another thing. The work that the clubs are doing in this connection is more extensive in

Ontario and the United States. One club sent out flower seeds to every school in the district and offered a prize for the best collection of cut flowers. Great interest was taken. Grenfell has tried this scheme and will try again this year. At another place they made a cook book; and it is astonishing how pleased people are to get simple cooking recipes. These women made a cook book and sold it, and gave the proceeds for a travelling library which they sent around from club to club. Another club took up physical culture. Women were getting stooped-shouldered about their work, and someone said: "Let's take a course in physical culture." They had a splendid time. They did not take any very strenuous exercises. Another club had a butter show. They got printed butter paper and packed their butter in this, so that other butter was not mixed with theirs and sold as theirs. That district at the present time is noted as one of the best butter producing districts, and they get higher prices than the other districts. The study of ventilation, of drainage, of food, of business methods in the home, of house plants, and of architecture, are other things of interest that are being studied by the women.

I think that the clubs already organised should, if possible, arrange for a yearly programme. This yearly programme should be thorough. Do not try to cover too much ground. A person might easily think that you could take up a study of ventilation in one day, but it is impossible to discuss the question of ventilation fully in one day. Then there is a good deal of interesting information in studying a model kitchen.

The clubs, too, should have their topics timely—that is, I would not study housecleaning in December, or gardening in September. Study housecleaning about the month the people usually start to houseclean. Another thing I think the clubs should do is to subscribe for some good household magazine. Unfortunately there is no great supply of these in Canada as yet, but the number is increasing, and the Department of Agricultural Extension will issue bulletins from time to time which will be very helpful.

Now, another question is that of nurses. This is a great big question in the West, especially in the rural districts. We need nurses, particularly maternity nurses. There are hundreds in the old country who want to come over here. They wish to come over and are willing to work for a very moderate

salary; they are willing not only to care for the patient but to help a little around the house. I have had inquiries from them, but I am unable to tell them where to go. It would be a good idea if five or six women's clubs joined together, subscribed and guaranteed a nurse a living wage to come and spend her time in their neighbourhood. This has been tried by the National Council of Women of Edmonton, and the work has been splendid. One nurse has been placed in the vicinity of Lethbridge, and there are women near her who, through sheer loneliness, have begged her to spend a few days with them. When she has a little time she goes around and visits women who are lonely. The Edmonton Women's Council intend to send a nurse out to the Innisfail district in the northern part of Alberta, to pay her \$300 yearly, and allow her to collect a small fee for her services. It is my hope that the women's clubs will be able to do this for the more sparsely settled districts in Saskatchewan.

Then comes the question of hired help. I suppose you all read that the National Council of Women took up the matter of domestic help through immigration, and have asked for \$10,000 from each of the prairie provinces to bring out girls from the old country. I have not heard yet what the replies of Manitoba and Alberta have been, but Saskatchewan has given them a grant of \$6,000. With these funds they are working with the railway companies to bring out domestic help. It is probable that the help will be more easily placed in the cities than in the country districts, but it will not all go to the cities. When the National Council of Women made this offer, Hon. W. R. Motherwell asked if we could assist through these clubs in placing domestics in rural districts. I found many of the women much interested in this feature of the work. The women's clubs can help by supplying a list of those who need domestics. These lists can be sent to the secretary of the women's council, and an attempt will be made to get the girls direct from the old country and send them to the women who need their services. The women's clubs are the only organisations we have through which to work, and learn how much help is needed in the country districts. Next year we shall extend the organisation further, and extend the assistance that can be given in the way of good domestic help and nurses, and in other ways which will aid the women of the province.

"Experiences With Women's Institutes in Ontario."

An Address by Mrs. Lorne J. Elliott

When we started the women's institutes in Ontario we started with a convention not nearly as big as this one today, and now in Ontario there are 16,000 women who are members of the Ontario institutes organised in 600 different places. We commenced institute work thirteen years ago, in 1897, so you can see how the work is growing there. Saskatchewan presents greater possibilities than did Ontario. We made mistakes, and we now come here to tell you how to avoid those mistakes. Any Ontario woman here who has had experience with women's institutes will be only too willing to help you in your work, and I think the progress here ought to be even greater than it was in Ontario.

The first experience I want to tell you of was a little convention called in Toronto last year before the lecturers were sent out on various trips during the summer months of May, June and July. Every branch institute is visited yearly by a delegate, and special meetings are held during those months. Before we went out on this work we talked together about the different ways and means whereby we could best reach the people and do better work during the month we were out. Mr. C. C. James, deputy minister of agriculture of Ontario, gave us a short address. I wish it were possible for me at this convention to convey to you some of the inspiration which he gave us. Every delegate who came to that convention in Toronto was sent home a worker—an enthusiastic worker. Mr. James impressed us first of the importance of the work in which we were engaged. He characterised women's institute work as one of the greatest achievements of the twentieth century. He said: "Making money is important, but how to use money and how to develop the better part of human nature takes first place." Thus, some of the greatest good will result from the organisation of these institutes. Another thing he said was that one who is a worker in an institute and in the different branches, cannot see the changes as one who is in an office sees them. The deputy minister of agriculture receives reports from the different branches and is able from these reports to see the great work that is being done throughout the province. Many branches joined together make the strong organisation

that we have. This work has not started with a blast of the trumpet, but has commenced gradually until today men are awakening to the fact that there is a powerful organised force in their country and one of which very few can tell the future. Mr. James said that to some men dollars and cents is a very sordid view of life, but a new aspect is given by trying to get the best out of life. This work is a great essential in human development. The making of money is important, but he considers that the right spending of that money, the developing of the higher nature is of first importance. Then he followed out his thought in this way. He said that men were more deeply interested in the commercial and money making part of life while women were interested in the social, intellectual and moral, and there we have money on one side against the intellectual and moral forces. Then he spoke of the possible success of women's institutes and how it should be achieved. It very largely depends on woman herself to make this movement just what we wish it to be. People and men all over are waking up and taking notice of us now. The late Hon. John Dryden looked upon the organisation of women's institutes as the greatest work accomplished during his tenure of office. The women's institute movement is commanding the attention of the press and of thinking men all over Canada. The object is the improvement of the home, and the home is the state. Women's institutes which are stimulating are deserving of every possible encouragement. It occurred to me that since we are going to appoint very shortly, at the close of this address, a committee for drafting a constitution for Saskatchewan institutes, that it would be wise to give some idea of how we carry on our work in Ontario, of our organisation and its methods.

When the work first commenced, the electoral districts were taken as the basis of subdivision and one place which was in a central location was selected and an institute formed there and from that centre branches were supposed to spring out. The central organisation received a government grant and was supposed to be a head over the branch institutes. You can see what a mistake that would be. That first institute may not have been a very strong one and over in another part of the county there would be an institute stronger perhaps than the central one. From that early experience we devised another method which we thought very much better and which proved to be

a great deal better in every way. In the electoral division several branches were formed, self-governing and independent in every way. Representatives were sent from these branches to a central convention and from these representatives the district officers were chosen; that is, the president might come from one branch, the secretary from another, and the vice president from another. The district officers are made up of people from the whole county and each branch has its own separate officers, while the county officers are supposed to help each branch as much as they can and to divide their interests as equally as they can among their branches. The branches are formed in any locality where women wish to form one and they receive from the Ontario Government a grant of \$3 a year, and this, with a fee of 25 cents from each member, forms the financial basis of the institute. They usually find this sufficient to carry on their work, but the more progressive institutes always find ways and means of raising money and extending the work and also of doing greater service in their own home centre.

Just a word in connection with the officers. If you are forming a new institute, I think it would be wise to follow this plan. We always appoint our officers first, and for officers we choose the women who are interested in the work. I have found it always best to choose as president the most popular woman, not necessarily the wealthiest, the most accomplished, or even the best educated in the community, but the one which is the most popular. Let her be energetic. For the vice president select one who will work with the president and under her and who has the ability to warrant her subsequent election as president. Upon the shoulders of the secretary treasurer devolves the greatest amount of work. She should be the most tactful, competent and energetic one in the whole community. If you have a popular president, a willing vice president and a tactful, energetic and capable secretary, I think you have the nucleus of a good women's institute, and with these officers you will be able to make the work flourish. Have a matronly woman for president. She is supposed to look after the institute and she may be regarded as the mother. For the secretary, a younger woman very frequently does excellent work. Thus we are bringing the older and the younger women together, for we want to bring the younger women in touch with the older.

After the officers are chosen, the next thing to do is to fix a date and place of meeting. When you choose a date for holding meetings, try to keep that date permanently. People soon learn to know that the fourth Thursday in the month is "institute day." If the date is changed even occasionally, they are not likely to know what date is institute day, so the fixed date is preferable. Do not have the date conflict with church meetings. There are times when quite a number of ladies will go into the village for the mail. If you can choose a day of that kind it works very well.

Now, regarding the place of meeting. In the homes we find is very good. If you take a number of ladies into a hall and ask them to come up to the platform they get frightened. Take those same ladies into a home and the formality seems to be broken. Home meetings promote the social spirit, and after all the social spirit is a very, very important part of the institute—perhaps half of it. We want the social spirit promoted. Meeting in the home is an excellent practice. In the summer months go to the homes of the ladies living in the country, in the winter to the homes of ladies living in the city. There will come a time when the institute will outgrow the homes.

The serving of refreshments at a meeting is optional. In any case, it is limited to a beverage, bread and butter and one kind of cake. The object of the institute is to lessen the work of the housekeeper, not to increase it. The social cup of tea has aided very materially in breaking the restraint in Ontario.

We open our meetings with the singing of "The Maple Leaf," and close it with "God Save the King." The Maple Leaf is the Canadian national anthem. The reason we do not open with prayer or singing of hymns is this—the women's institute is nondenominational. As long as we can keep politics and religion out of our meetings we are going to do very well. We want women of every creed and every nationality to come into our meetings and feel at home there. All are welcome. There may be women who would object to the reading of the Lord's Prayer, but no woman can object to singing the national anthem. If you have music in the institute it helps greatly. It makes the programme and the meeting go along with a swing and gives zest to it. We very frequently try to get the younger members to sing or to play the piano. We want to

bring the younger people in and get them in touch with the older ones. The best way to get anyone interested in anything is to get them to work.

In Ontario special lecturers go to the different institutes twice during the year, once in the summer and once in the winter. They are paid by the Ontario Government and are supposed to have special training for their work. Outside these two special meetings during the year the institutes are expected to carry on the meetings themselves. The lecturers are specially trained, some of them are medical doctors, some nurses, some school teachers, but the greater number of them are graduates of domestic science schools. The local doctor, nurse, school teacher, dentist and banker are all willing to come in and give talks to the institutes. The teacher will tell you about the care of school children; the dentist will tell you about the care of your teeth, and so on, and in that way you are getting a widely varied programme and expert knowledge as well. After all, what we are doing is to make our work a pleasure. House work has been looked upon very largely as a drudgery. As soon as we commence to look for the "why and the wherefore," we are doing away with the drudgery of our work and we are making it a pleasure.

When we commenced our work in Ontario we found that demonstrations were very attractive and helped very much; now that we have grown older there is not the same demand for demonstrations as a few years ago. Sometimes women learn by seeing, sometimes by hearing. Some can get more out of seeing a thing done than from hearing how it is done. I venture to say that almost any woman can go to a lecture and listen attentively. Possibly she may remember quite a bit of it, but she cannot remember all she hears at a lecture. Tell her to take the subject she heard at the lecture and speak upon it. She may not have got all the lecture or enough to review it correctly, but she is benefitted by it. When we do a thing ourselves we learn it and retain it. A great many people thought that in demonstrating we were teaching the preparation and making of new dishes. We all like to get new ideas, yet the fundamental purpose is to teach the practice of cooking and the underlying "why and wherefore," and the reason for doing things in such a way. We want to know the use of food to the human body; we want to know of what value the food

is to us; we want to know what food we should demand in any season and why. These are questions that are being largely taken up in Ontario. We start first with the preparation of new dishes and step by step go higher and higher. A great many members of the Ontario institutes get help from MacDonald Institute. They have a department which issues bulletins and different periodicals. These you will have in time in your organisation here.

At our summer series of meetings we have sometimes special work. For instance, one year we took up all through the province the question of milk, eggs and cereals, and the next year beverages, and the next the question of tuberculosis. Last year at our convention we decided to take up this coming year the dangers of the common house fly. That should be a good topic for the year. Delegates are sent to the 16,000 members, and when we think that during the month of June the 16,000 women in Ontario are studying the one problem, there is an important idea—uniformity of subject. Particular stress has been laid upon another line of thought—the care of the body, prevention of disease and the care and training of children. For the past two years in Ontario a great deal of importance has been laid upon these subjects. Doctors and nurses appreciate the needs there are for pure water and pure food and pleasant environment. We have gone a long way towards getting good health and keeping good health when we understand the principles underlying it.

Now I shall tell you some of the special things we are doing in Ontario. Not very long ago I was in an institute where they were having a sewing-contest. They had classes grading from six to twenty years, and they were given easy or difficult sewing, according to their age. It was the most interesting competition I have ever seen, and the sewing was really excellent. The membership was very largely increased because the competitors were supposed to be daughters of members or members themselves. Another institute gave prizes at the fall fair for the best bread, cake, preserves and other kinds of home cooking, the competition being open to the members of the institute. Another place has had a competition for membership. The institute chose sides for the competition and a stated time was given to increase their membership and at the end of the con-

test the losing side was to buy a supper. Garden parties are a favourite means of raising money. These are some of the few special things.

Now some of the big things. You might have heard possibly that in the county of Peel the women have undertaken the building of a hospital and want to raise \$10,000 or \$12,000 and are going to do it. In Welland county they built a new hospital and were very much in need of an ambulance. Inside of a year the women had raised \$585 and presented to the new hospital an ambulance. One of the methods they used of raising their money was through the cook book. The women of Cameron have put gas lights through the streets at the cost of quite a large sum of money which they raised themselves. At quite a number of places they have had sidewalks laid and trees planted and otherwise have improved local conditions. In one place where I was about five years ago they had no town hall and when I went to that same place two years afterwards I was surprised to find a new town hall with all improvements. It had been the work of the women's institute. They did not do it all themselves, but they and a couple of organisations got together and built it, and it was a credit to the village. Ridgeway has another excellent building for which they provided the funds and had it built and in it they fitted up a rest room for the women who come in from the country. The room is provided with all kinds of books and periodicals and when the women come in from the country they can go to this room and have a good rest. It is also a meeting place for the women's institute. Last winter just about this time when I was in Ontario I found one institute which had purchased a vacuum cleaner and rented it out to the members of the institute for 50 cents per day and to nonmembers at \$1 per day. These are some of the things the women's institutes have been doing in Ontario.

A few of the results of women's institutes. Heretofore Methodists, Presbyterians, Baptists and the different denominations have been joined together in cliques. I think that the women are becoming broader; they are understanding better the questions of the day; are appreciative of means of broadening the mind and for making them better women in every respect. Sociability is being increased. We are told that the development of man should be in a threefold direction—

physically, mentally and morally. We are making broader minded men and women, and at the same time they are making happier homes and happier people, and with happier homes and better people we are making a better nation.

"The Importance of Social Life in Country Homes."

An Address by Mrs. Nellie L. McClung

When a woman has found out anything that makes work easier or more attractive; I want her to tell about it. We like to receive all the help other people can give us. There is a belief abroad that we should try to make our neighbours good. Perhaps we would be nearer the Divine plan if we say we should endeavour to make ourselves good and our neighbours happy if we may, for happiness is the soil in which the gentler virtues take root. Unhappiness caused by another's injustice produces oblique mental vision. Much unkind and unjust criticism has been directed towards the elder brother of the prodigal son because he did not join in the festivities when his brother blew in gaily after a long absence and became the guest of honour at an informal gathering. It was too bad that he did not feel like joining in the party, for parties were not often held at his house. When he got a chance he told his father a few plain truths on the subject of social life in the neighbourhood. "Here I am," he said, "a hard working, law abiding, self sacrificing, decent son to you. You never made a spread like this over me," No wonder he thought it paid to break the commandments. And therein came the greatest harm to the elder brother. He looked at moral subjects obliquely. That is what the neglect or injustice of parents always brings about. They blur the moral vision of their children.

The history of the elder brother has been duplicated many times in effect, if not in incident. The cry goes up from many a boy and girl, "Long years have I served and still I have never

been given a real party, not even a taffy pull, nothing at all to show that my efforts have been appreciated." Perhaps there is not any sadder thing can be said by any man or woman looking back on life than, "I never had a good time at home." Some of the saddest sights in the world are the sour, gloomy, stingy, grumbling, unhappy homes whose fires never brighten with a hospitable glow of "going to have company at our house tonight," and they are not always poor homes either. Some of the most downtrodden, hard worked children I have ever known, who help in the harvest and pick the potatoes and do chores are children of well-to-do parents. Don't ever think for a minute that it is the poor homes that are the unhappy homes. You may feel sorry sometimes that you are not able to give to your children some of the good things of life, but there is one thing you can give them if you will—give them a happy childhood. Remember, two dollars spent on their happiness now will bring greater results than two thousand when they grow up. Many a man and woman when they have grown up to the age of you and me and are up against the serious things of life have found their hearts made strong for the conflict and found that their hands were strengthened by looking back at the pleasant valley of childhood and in fancy wandering again down its rainbow paths. More children are defeated by what is behind them than by what is ahead of them.

How much more resourceful are children in the country than children in the small towns; the country women are more resourceful than women in the towns because they must plan for themselves. There is a great opportunity for social life in this way; the people of the country are more resourceful and there is a great opportunity for doing a great deal for the people. Farm life may be interesting or monotonous and dreary, according to the mental attitude of those engaged in it. In some neighbourhoods I have known, there was always something doing; in others there was always a round of drivelling gossip. There was not so much difference in the people as in the atmosphere in which they lived and their mental attitude towards moral issues. One family of generous social instincts and strong moral character can raise a whole neighbourhood to a higher level, provided they get in on the ground floor, but if a neighbourhood is established, it is pretty hard to change it. Set the social standard high. Let your social events have an

aim and purpose. Don't you know it does not make so much difference how fast you are going as in what direction? It is better to aim high and go slow than to aim low and go fast.

There is a tendency for middleaged women to become discouraged and feel that they are in the way when it comes to social life. We hear so much about young people and young people's movements that the middleaged ones think that there is not just the place for them that there is. If mother is not in favour of holding a party or doing something in that line, it cannot go on. In entertaining in her own home a woman finds her place. Mother is then the presiding genius.

There is another great reason for social life. Everybody is lonesome. Prairie loneliness is next to prairie madness. A lonely woman on the prairie needs human companionship—real live companions, something with a "skin face."

One of the drawbacks to social life in a country neighbourhood is the distinction of caste and class. I have known of people to refuse to associate with their neighbours for no apparent reason. They had an inward satisfied conviction that they were better than the rest of the community. Grandmother had been a "lady" and they could not forget it. Of course, I think it is fine to remember your forefathers with pride, but if this remembrance leads us to be unkind and unnatural, it becomes a bad form of snobbishness. Let no one aim at belonging to the petty aristocracy with the best part underground. I like the attitude of the real English, Irish or Scotch lady. How kind and courteous they are to everyone. They are so well assured of their own position that they do not have to think about it. It is those who are not very sure where they stand in society that are always so careful.

There was a delightful freedom and hospitality in the old days where everybody had packing box furniture, tin spoons and salt pork. No, of course, we do not regret the passing of those things, but we do regret the losing of the comradeship and freedom of the early days. In these days of cut glass and hemstitched linen we make our hospitality a fearfully burdensome thing. We are so anxious to have everything done up right. Be glad if you have cut glass, Limoges china, sterling silver and all those nice things, but regard it as something that is going to help us to serve our fellowman, for that is our business here

below, to be the cup of strength to some soul in agony, to help someone over a rough place, to make things easier for the people who travel with us. That is an ambition worthy of those who are made in the image of God.

Sometimes we say, I like to entertain my own friends, people who are congenial with me. How can we ever be sure that any person is dull. Probably it is our own lack of interest. To the truly great heart all people are interesting. There is not a single person from whom you cannot learn something and from whom you cannot get a lesson, who knows something that you do not know. Let us seek out the people whom we in our short-sightedness think uninteresting. The truly great person is the one who will seek out those whom the rest of the world will be inclined to pass by. Did you ever notice the dusty gray pebbles on the shore of a stream? How dull and uninteresting their colors, but when they are covered with the water of the stream what pretty blues and purples come to light! So it is with people. Bathe them in the sweet light of understanding and love and friendly interest and we see their lives shining with the beauty of unselfishness and sacrifice and worthy endeavour. Let us make it our mission that we will try to see every person with the eye of love, see the good things in them and in our own immediate neighbourhood, for that is the part that counts. Let us try to seek out those that are dull, and incidentally our lives will be enriched a thousandfold.

Second Session---February 1, 1911

On Wednesday at 2 p.m. Miss Beynon called the meeting to order and again presided while the programme of the afternoon was followed. The proceedings were enlivened by bright, musical numbers contributed by Miss Margaret Wood and Miss Phillips. Among those present were many students from the Normal School.

"A Model Kitchen."

An Address by Miss E. Cora Hind

I take a model kitchen to be one where the room itself, as well as the equipment, is all that could be desired. Of course, out on the prairies where the newer settlers are and the houses are sometimes small, it is not always easy to have things as you desire them. The room should have plenty of light, the windows should open at both top and bottom. Especially in farm homes the kitchen should be large and arranged so as to do away with a needless amount of walking. In dealing with kitchen conveniences I have tried to keep the expenditure for the various appliances which I intend to speak on within the price of an ordinary binder, namely \$150 or \$160. Now, I have chosen this limit for the reason that every man on a farm tells you that he must have a binder. That is one of the things that must be had. The purchase of kitchen conveniences should become as much of a necessity as a binder.

There is a great difficulty in getting domestic help in the Canadian West, in fact it is almost impossible to get help in the farm houses at all. As an illustration, in the year 1908, 25,000 harvest hands came out to help to reap the Western harvest and so far as careful inquiry could carry me, I could not find more than 300 additional women had come in to help to cook, wash the clothes and dishes for these 25,000 additional men. Most women do not mind anything so much as the washing of clothes and dishes, and on these western prairies where all the natural water supply is hard, where it is too often limited in quantity, and where the smallness of the buildings preclude the catching of any quantity of rainwater, washing and dishwashing become extremely difficult. On large stock farms in the East, with a large roof area, women do not know what it is to be without soft water.

The sanitary dishwasher is a great boon to the woman on the farm. This machine is manufactured by the National Machine and Stamp Company, of Detroit, Michigan. It is very simple of construction, will not easily get out of order, is sanitary and uses only a small quantity of water. This dishwasher costs \$20 in Winnipeg, and I was advised that it would be laid down at Regina for the same price. From an experiment with this machine, three meals' dishes for six people were washed and back in the cupboard in twelve and a half minutes and not one of them wiped by hand.

Next to the washing of dishes, the washing of clothes is the greatest bugbear on the farm. Many have washing machines and there are many different kinds, some very good ones. I will mention the White Lily Electric Washer. It can be purchased with the electric motor and can be attached to the power of the gasoline engine. One feature of this washer is that it wrings the clothes as well as washes them. It costs \$32.50 and is manufactured by the White Lily Manufacturing Company of Davenport and Toledo.

The use of a Fireless Cooker was then described, the Caloric Cooker being mentioned as a particularly good one. The great advantage of a fireless cooker is that in the summer time a stew or anything requiring slow cooking can be set away in this and it requires no more attention until it is ready for use.

and is out of the way of the flies while it is cooking. Coal oil stoves are something that any woman on the farm can get for a very few dollars.

A kitchen cabinet is a very nice thing to have, and in fact is as essential as a dishwasher. There is one thing I would recommend to the women if they cannot have a kitchen cabinet. Have your kitchen table covered with tin. Put the kitchen table up against a wall convenient to the stove. Line the wall behind it with oilcloth about three feet high and at the top of this put a shelf and keep your coffee and tea caddies, salt and pepper shakers and other things used daily, on this shelf. Across the oilcloth three strips of wood might be nailed with hooks and nails on which to hang forks, strainers, egg beaters, etc., used in cooking. One thing I would like to see in every kitchen is a high stool for women to sit on when they iron. Have room in your kitchen, too, for an ordinary lounge on which to drop down for a few moments' rest.

For two dollars Miss Hind had purchased in Winnipeg the following simple devices which should be in every kitchen: An egg separator, a box for cutting potatoes in little dices, tin pepper and salt shakers, a wire spoon, a device for cutting cookies, an asbestos mat, a beefsteak pounder, a meat saw, a hook for lifting meats, a grater with knife on one side for slicing vegetables, a small paring knife, a granite spoon, a granite scoop, a can opener, two little brushes, a cookie cutter and funnel. Another thing which everyone should have is a meat grinder or mincer. A bread mixer was also mentioned as a labour saving device in the home.

"The Growing of Strawberries."

An Address by Norman M. Ross

In speaking of the women's clubs, Mr. Ross said he felt that this convention was the beginning of a movement which will have considerable influence on agricultural life, because there is now a great lack of comfort in both the surroundings and homes of the average farmer.

Perhaps the growing of shrubs and flowering plants on the farm is principally done through the influence of the women on the farm, and I know many of you take an active interest yourselves in the garden work. There is perhaps a little uncertainty as regards the growing of tree fruits in this country, but there should be no question at all about the possibility of growing the small fruits. I do not think that small fruits can be grown to better advantage in any part of Canada than in Saskatchewan.

Some people, I think, believe it is not possible to grow strawberries in the West. This is a great mistake. There has been enough of this kind of work done to demonstrate practically what success may be expected. Now, it is the same in the case of strawberries and raspberries as with a great many other things. A lot of us have not the time to experiment personally and try which are the best varieties, but we should go to those who have done the work and find out how they have been successful. There are certain points in connection with strawberry growing that have to be very carefully considered and I consider one of the chief points is the question of the variety to be used. There are numerous varieties of strawberries, but some are of better quality than others and some are hardier than others, but there are two which we know are practical and useful for work on the prairies. I have samples of three varieties of strawberries here grown at Indian Head, the Bederwood, Senator Dunlap and Hybrid No. 1. But let me say that even the so called hardy varieties will not be very successful unless protected in winter. I am speaking of strawberry growing simply from the point of the farm garden and I know that in practically any portion of the West where the conditions are at all average, there should be no difficulty in growing strawberries on the farm.

In the first place, after having chosen a variety you have to look towards the preparation of your soil. In connection with strawberries, those of you who are familiar with them will know that in very many cases some varieties have what is known as imperfect flowers, that is, they cannot fertilise themselves, as they have only the pistils, while other varieties have both the pistils and stamens. You would be unable to get fruit if only the pistillated variety is used. It is necessary to have also a row alongside of it of the staminated variety in order that they may be fertilised. If any of you have had failures in growing

strawberrries, it may be, perhaps, because you are using the pistilated variety. That is a point to consider when ordering nursery stock. All the varieties I have shown you samples of are known as perfect varieties, or those having both pistils and stamens.

Regarding the soil. It is generally considered that strawberries require a rich soil. They say that good strawberries can be raised on any soil that will raise a good crop of potatoes or corn. Some think they cannot grow strawberries in their district because the soil is too heavy, but such is not the case. They will also grow on very light soil. Perhaps for best results, moderately rich loamy soil is best. Strawberries will not stand water laying on the bed in the growing season of the year. They require a moist soil, but not a very wet soil. In the fruiting season a good deal of moisture is necessary in order to get the berries to fill out well. Regarding the preparation, I think that just the preparation that you would give for a good vegetable garden would be the right one. Some of you summer-fallow part of the garden each year. Some have not a garden large enough for summerfallowing. If you cannot summer-fallow your strawberry bed, manure heavily with stable manure and plough in at once in the spring.

Shipping strawberry plants a long distance is very hard on them. They heat very quickly when put up closely in a package. When obtaining strawberry plants it is well to buy them as near home as you can. When obtaining plants from the nursery, as soon as you get them they should be unpacked and the roots immediately moistened and kept moist until planted. When planting you have to be particularly careful as to how you set the strawberry plant. If you plant it a little too shallow it will not grow and if too deep it will be killed out too. If any part of the roots are left exposed on the surface soil you are going to lose a good many plants. The little crown from which the new leaves start should not be covered with earth. Set exactly at proper level. Before any planting is done it is well to level the bed down fairly well with a rake. In regard to the distance of planting, there are several methods under which strawberries are grown, but I would suggest the matted row system. Begin with 100 or 150 plants. It will give you as large a bed as will supply an ordinary family. At Indian Head two years ago we had a splendid crop of berries from which

these samples were picked. It was started from 150 plants which were obtained from a nurseryman in Manitoba. The first year we did not expect any fruit, but the second year we got the fruit. Something like 150 pounds were picked from this bed, and besides that a great many people would come out and help themselves.

In reference to the matted row system. The Senator Dunlap will increase and send out runners very quickly and in some cases it has been supposed to be an objection because the plants become too crowded. In planting, put rows four feet apart and place these plants fourteen inches to two feet apart, in the rows, depending upon the rapidity with which your plants will send out runners. The Senator Dunlap should be two feet apart and the Bederwood should be about fourteen inches. Take the first runners, cut and trim them in the way of the row. Train the runners from these to go out along the sides. A point which must be observed very carefully is to pick every flower that comes the first summer. You cannot expect to get fruit from a strawberry bed the first year you plant the bed out, so it is better if all the flowers are picked off as soon as you see them on the plants. To get what is known as the matted row, set runners six or eight inches apart and do not allow any more runners to grow, but cut all off so that the strength will go into the two feet of bed. Moisture is required in fall of the year for if your ground is very dry in the fall just before freeze-up, it is quite possible that some of your plants will be killed out during the winter, owing to lack of moisture. Just before the ground freezes up solid it is a good idea to thoroughly soak the beds with water. Keep cultivating until the ground is frozen in the winter. As soon as the ground is well frozen you should cover your bed to protect them. This covering is not put on strawberries or other plants to protect them from the cold in the winter, but the covering is put on to prevent alternate freezing and thawing in the spring. It is this that does the damage. The best covering is clean straw, and if possible get it from a field which has as few weeds as possible. The first year we must keep the weeds out as far as we can, for we are not able to do much cultivating the second year. Put covering of straw on eight, nine or ten inches and leave it in the spring until all danger from heavy spring frosts is over. In spring, preferably on a day that is cloudy, the greater part of this covering

of straw is taken off. Leave an inch or two of straw on these rows; in between the rows leave five or six inches of straw. The idea of leaving straw on the rows is to help preserve moisture and to keep the berries clean.

I think it is advisable to plant a new row or new bed of strawberries every year. A great many people will leave strawberry plants for two, three or more years, but I think it is a mistake. It is much easier to set out a new bed than it is to cultivate among two year old plants. Any weeding must then be done by hand. If you wish to grow for a second year, the best thing to do is to get a scythe and cut off all leaves. Personally, I think for the farm garden you will find it more economical and you will get a better quality of berries by putting out a new bed each year.

"The Care and Propagation of House Plants."

An Address by Mrs. R. E. Purdy

I am sure that if those among us who love plants were to meet in one of our homes we could enjoy a good talk about our pet plants and the ways to make them grow well. So I will try to tell you a few things I have learned and if you will tell of your experiences in the discussion to follow my paper we can have a pleasant, and, I hope, a profitable time.

First, I would like to warn you against a common mistake, one very hard for genuine flower lovers to avoid. No matter how fond you are of flowers, do not try to care for more than your space and your strength will allow. I find myself continually falling into this error and so, too often, some plants are neglected or suffer from want of light and room. A few well-developed specimen plants give far more pleasure than many stunted, scraggly failures, and they take no more work to produce.

For most house plants the soil should be of a fine, friable texture, fairly rich and not too easily dried out. About equal parts of rotten sod, leaf mould and sharp sand make a good

standard potting soil and this can be varied by making it richer or poorer as desired. A few spoonfuls of wood ashes is a good addition. Baking the soil for an hour or so in a moderately hot oven does not hurt it, and the baking kills insects, weed seed and many germs of mildew or other fungus growths.

Geraniums.

I like best to start geraniums from slips taken when they will snap off clean, and, preferably, during some of the months from the first of March to the latter part of August. I usually set my slips in pure sand, first cutting off all but two or three of the younger leaves, and putting the cuttings down at least two-thirds of their length. I set them in a sunny window, if possible, and keep them moist. They should root in from four days to two weeks if they do not get chilled or dried out. As soon as I am sure that they are rooted I carefully move them into small pots containing good soil. In doing this I see that large enough drainage holes are provided, then fill the pot about one-third full, hold my slip carefully in position with one hand, and gently sift fine soil under and around the roots with my other hand until they are well covered. Then I pour in lukewarm water to settle the soil about the roots. After this I put in dry soil to fill the pot as far as I wish, always leaving a space at the top so the watering can be done right as long as the plant remains in that pot. I do not re-pot until I am very sure the roots are too much crowded.

Geraniums need sunshine to really thrive. From the first, turn daily towards the light, so that all sides can develop alike. When the little plant has made three or four leaves, pinch off the top, so as to make it branch. As the branches grow, pinch them back, so as to keep any one from growing too long, and to encourage the formation of more branches, until you have a symmetrical plant, with many blossoming points, instead of a long-jointed, one-sided thing with little foliage and only one or two blossoms. It is easy to have geraniums or pelargoniums with twenty or thirty bunches of flowers at once, continuing so for months, and just as pretty as the pictures in the florists' catalogues.

Geraniums are easily raised from seed but the variety is uncertain. Mine have usually taken nearly a year to come into bloom.

Begonias.

Begonias root almost as easily as geraniums, with a little more care to keep the temperature even. They are better not to be in direct sunshine but with plenty of light. They are sometimes propagated from single leaves, but this is a slow way and requires great care to have moisture and heat always right. The raising of begonias from seed is very interesting, but is a very delicate process, the seed being like dust. I like best a good strong slip.

Flowering begonias can be pinched back and trained like geraniums, only with a little more care, as at times they seem easily hurt. Begin the pinching back cautiously and if the plants are in good growing condition you will soon see how much you need to make them compact and full of flowers. Foliage begonias often seem to grow better with little or no cutting back and without turning. But if they get too long and lose their leaves at the lower part of the stem judicious cutting back, with other care, will freshen them up wonderfully.

Begonias do better in a lighter and richer soil than geraniums need. When growing fast they need plenty of water, but when for any reason they rest, too much water soon hurts them. They will not stand extremes of temperature, and very dry air often hurts them. There is a disease that often affects them here, caused, I think, by too cold roots and perhaps by overwatering. The plants start to die from the roots up, the stems turn dark, and the leaves drop from the lower part of the plant first. Sometimes the lower part of the plant will be entirely dead and the tips of the branches appear to be alive for some time. If you notice the trouble at its beginning the following treatment will often effect a cure: Take very warm soft water, pour on the soil until it runs freely through the drainage holes and feels quite warm as it comes through. Mix a spoonful or two of sulphur in the soil, stirring as deeply as possible without breaking the roots. An old steel table fork is good for this purpose. Dust a little sulphur over stems and leaves. Then keep warm and light, never letting the plant get chilled. Do not water again until quite dry. But if the stems are dead

at the bottom take cuttings at once and set them in sand with sulphur mixed in. This seems to prevent the disease from starting in the healthy parts and you are likely to get nice healthy plants.

Sulphur and charcoal in the soil help to prevent the growth of mould or fungoid diseases. So I often use a little sulphur in the earth in cloudy, cold weather, or at any time when the growth of the plants is checked, or if I see mould or greenish, mossy growths on the surface of the soil, just the conditions to invite decay at the roots or other similar troubles.

Cacti.

The cactus needs plenty of sunshine, soil with a large proportion of sand, very small pots with extra good drainage, and they enjoy a hot dry atmosphere. Most kinds do better if given a rest every year. When the shortest days come let the soil get perfectly dry, then set in any frost proof corner, out of the way of the plants that need all the light they can get in order to live through the darkest part of the year. When the days begin to lengthen, say in February, bring out, soak the soil and wash off dust with warm water, and set in a very bright, warm place if you can. You will see the shrivelled stems swell up and new growth start in a surprisingly short time, and the free blooming varieties will soon bud. When they are growing vigorously water regularly but never leave water in the saucers, and perhaps once or twice a month use a little liquid manure after watering.

Christmas cacti, of course, must be kept growing all winter by watering moderately and giving all the sunlight possible. They are almost certain to bloom well, usually being covered with flowers during most of December and January, and often give a second crop of bloom at Easter time.

Cactus cuttings root rather better if laid on top of the soil, exposed to sun and air, until the cut part dries over. They only need to be stuck into the sand far enough to keep their position and with very little moisture and plenty of warmth they root easily. I carried cactus slips from Ontario in my handkerchief box, forgot them for nearly a month, yet when I finally planted them, all grew.

Roses.

Roses need a rich soil containing some clay, good drainage, plenty of sunshine, moderate heat, air not too dry, and frequent showering of the foliage. They need a regular supply of water, but will not stand constant wet feet. They are healthier and more likely to flower well if cut back quite often. They will sometimes stand a little frost, if not forced too much by heat, and will not thrive if too hot and dry. They are very subject to insect pests of which the most common are red spider and green fly. These often affect other house plants too.

Plant Parasites.

The best treatment for red spider is a thorough daily moistening of the foliage by spraying, dipping, or holding under a tap, taking especial care that the under side of the leaves is wet.

A single aphid or green fly is easily killed, but if they once get among your plants, constant warfare is needed to give the flowers a chance. Soap suds, kerosene emulsion, tobacco tea, tobacco smoke, water at 110 degrees, or even pure cold water applied with force enough to wash off the pests, are all good.

Scale often affects begonias, roses and other favourite plants. It can be kept down by the use of a little brush and common, strong soap suds or whale oil soap applied every week and afterwards washed off with clear water.

If your plants are clean, try to keep them so. Never admit a new plant until you have kept it separate from your window garden for a long enough time to make sure that it harbours no parasites. An ounce of prevention is worth a good many pounds of cure in this case.

Watering.

Proper watering is very important. When plants are growing fast, especially in bright, warm weather, the only trouble is to give enough water. But in dark, cloudy, cold weather, too much water will do great harm, and kill the plants if continued long. Never water any of the plants I have dealt with, until the surface of the soil is dry and the pot feels light. Do not wait until the leaves droop, but give the air a chance to reach the roots. Then soak well with soft water, always warm

it in cold weather, and make sure that the soil is really penetrated. If the earth is caked or filled with roots, better set the pot into a pail of water until air bubbles cease to rise. This is always a good way in very hot weather. Then do not water again until the soil has become porous.

Most plants need to have the foliage washed often enough for cleanliness. Geraniums enjoy a frequent showering or sponging, but begonias will not stand much water on the leaves. Keep clean, but see that no drops stand on the foliage. Do not let water on cacti, either. Never set any plant in bright sunshine with drops of moisture on it. A very few minutes will scald the leaves and make ugly dead spots on them.

Almost all plants are better when the air contains some moisture. Here, in winter, especially, we need to see that stoves and furnaces are equipped with evaporating pans for our own sakes as well as for the plants. We must also guard against the escape of coal gas, and must provide ventilation in some way, but never allow a cold draft to strike the plants directly.

Liquid Manuring.

When plants are growing fast, a little liquid manure given regularly at intervals of a week or so helps wonderfully. Take a little ordinary stable manure, fill a tin can about one-third full, pour on warm water till nearly full, stir well, then let it stand a short time. After watering, pour from a teaspoonful to two or three tablespoonfuls of the fluid upon the soil, taking care not to let any of it touch leaves or stems. Better use very little at first, and never use it on very young or weak plants.

Size of Pots.

Nearly all house plants thrive better if the pots are not too large. By keeping properly supplied with moisture and fed with a little fresh fertiliser occasionally, plants need not be moved very often, except the varieties that are beautiful because of their large luxuriant foliage, such as some of the begonias. But if you want blossoms, keep the pots rather small, and only move when the roots crowd the pot, and then into only slightly larger ones.

"Fattening and Marketing Poultry."

An Address by W. A. Wilson

The people who live in the cities do not take sufficient interest in the methods of preparing poultry for market. The producers' aim and object should be to satisfy the consumer. They should not have an opinion of their own. If a customer of mine were buying poultry I raised, and asked me to prepare it in any particular way, it would be my duty to comply with her request. The city residents do not take sufficient interest in that. If they make known their wishes and ask to have the poultry prepared in a certain way, the producer in time will have to comply with their request. If you visit the towns, villages and cities of our province you will see that nearly all the grocery stores and butcher shops will have poultry hanging on the outside of the windows. In nine cases out of ten they will be hanging by the leg. The object seems to be to show length of bird, and not to show an attractive appearance. The unattractive appearance of the poultry as it is generally marketed today is such that it does not appeal to the general public. Where a dainty meal is to be prepared we always take the spring chicken. There is one way that we may increase the demand for this product and that is by putting something dainty and delicate before the consuming public so if they once test it they will be induced to buy. The condition of the poultry marketed in this province at present is anything but desirable—it is disgraceful. The markets of British Columbia I can safely say are the best markets that we have in the Dominion today for poultry and produce. Ten years ago our poultry exports amounted to millions of dollars; today not one cent's worth is exported. We have reached a stage of evolution, we are in a period of transition, and the consuming public today is just awakening to the fact that poultry can be prepared in a better condition and is beginning to ask for better prepared food. It will only be a matter of a few years when we will not be able to sell birds prepared in a haphazard way and make any profit. Another difficulty in the marketing of poultry is that the dealers are paying the same price for that class of birds as they would if birds were prepared in the very best manner. They are sometimes paying 16 cents per pound for waste matter.

The starting point is to get the proper breed. There are various breeds of poultry the same as various breeds of cattle or horses. No farmer would think of selling a pure bred Jersey for beef. There are egg laying strains and there are good strains of the utility type. No farmer would think of selling a beef animal to a butcher without any preparation, but I think that nearly all our poultry is marketed without any special preparation, at least that is true of a very large percentage of it. I believe there is a greater demand, or will be in a very few years, for especially prepared birds than for any class of live stock. A bird specially prepared and specially fleshed before killing is to be desired above anything else.

There are two methods of fleshing that I want to recommend. There are three methods, but one of them I do not think is appropriate to our conditions, that is the cramming machine. Under our average farm conditions I do not think the cramming machine is advisable. There is the crate feeding system and the pen feeding system. The pen feeding system is enclosing the birds in a small enclosure where they are prevented from getting very much exercise, and are fed from troughs. The crate feeding system consists in crating the birds in a very small space in limited numbers and feeding them from troughs outside the crate. A crate five feet long is divided into three compartments, each of these compartments about 14 inches square and 20 inches high. The crate is constructed entirely of lath. In our fattening stations we use special dimension lumber, but for farm purposes the ordinary building lath is quite suitable. Place four birds in that space. The reason for limiting the space is to prevent exercise. When birds are confined in crates, even if they do want to fight, in such a small space they will not have room. The birds are confined in crates for three weeks and are given a fattening ration. They will soon lose the use of their limbs, so you see that there will be very little development of bone and muscle after that happens. The ration fed them should be a flesh producing one and different from a ration for producing eggs. They want something as nearly digested as food can be before an animal consumes it, then there is no energy used up by the digestive organs in digesting that food. Buttermilk and finely ground oats is an excellent ration. Next to buttermilk or sour milk, skim milk is suitable. Sweet skim milk comes next to sour milk and

whole sweet milk comes next. The proportions of that mash are about 5 of finely ground oats to 17 of buttermilk. Mix to the consistency of thin porridge, and mix twelve hours before feeding so that it will be as well digested as possible. Feed cold. Feed only half rations for the first four or five days, as they are living under changed conditions from running at large in the yard. Feed twice a day and at regular hours. Leave the food before them for at least half an hour and then remove what is left. Cleanliness is the chief essential. Immediately after each feeding, birds should be left undisturbed in a dark place to induce that sleepy drowsy feeling. They should be given a small quantity of grit twice a week. When they are ready for killing the birds should be starved for thirty-six hours before killing and during that period should be given plenty of water to drink. If this is done there will be very little offensive matter to deal with. When marketing birds of this quality there is no reason why the customer should object to paying for what little waste matter there is. If starved before killing, on a bird weighing five pounds the waste matter will cost very little.

There are two methods of killing—by dislocating the neck or by piercing the bird through the roof of the mouth through the brain. The method of dislocating the neck is perhaps the easier for amateurs and the birds will bleed properly this way. Plucking should be commenced immediately before the bird quits kicking, and the bird should not be drawn. Do not hang up by the feet, as that gives it a long lanky appearance. They should be prepared for the market to appear plump and pleasing to the eye. It is not difficult for the producer to prepare his birds for the market in this manner and there is no reason why anyone should market birds in a haphazard way.

"Domestic Bookkeeping."

An Address by Mrs. W. R. Motherwell

Domestic bookkeeping! Why introduce such an unpopular subject at a gathering of this nature? What has bookkeeping to do with the female department of the home? We thought this convention was to lend itself entirely to considering helps

to the women in the homes. We readily understand why such subjects as "Social Life in Country Homes," "The Model Kitchen," "Growing Fruits," "House Plants," "Raising Poultry," etc., should be introduced—but bookkeeping and domestic at that. The inference is that it, too, is one of the legitimate housewifely occupations.

I understand very well the horror with which most women look upon bookkeeping and this is quite natural when one considers the limited opportunities afforded many women, especially in the rural districts, to study this phase of home life; and to expect them to keep books in the ordinary sense of the term is quite impracticable. Therefore, it is not my purpose, formidable as the title of this paper may appear, to recommend any particular style of bookkeeping for you to follow, but rather to draw your attention to the advantage of having some plan devised by yourself and understandable to yourself whereby you can tell just how much money you have spent each month so that should there be an unnecessary leakage anywhere you are in a position to discover it and apply a remedy.

But, again, you become aroused at the mention of the word "money." You feel strongly tempted to ask the question, "Where am I to get the money? My husband takes charge of that. He is the treasurer; he is the one who pays the bills; my part is to buy as savingly as possible. I have no money to handle excepting an occasional five or ten dollar bill that much coaxing has procured for me, or the cash proceeds I may secure for my butter, eggs and poultry." I know that, too, and that is where one of our real difficulties arises. I think this difficulty is experienced more by the women in the country than those in the city. It is not an unusual thing for the latter to be given an allowance by their husbands on which to finance the household; but to my knowledge not many of the rural women enjoy the advantages of a personal bank account. Our first efforts, then, toward domestic bookkeeping must be applied along the lines of opening the eyes of the "darkened understandings" of our husbands, and persuade them to make us true partners of the firm; giving into our keeping a share of the proceeds and allowing us to meet what is generally termed the inside expenses. We are more or less familiar with the masculine answer when approached on this subject. He dons a grieved and injured air and says quite magnanimously, "My dear, all I have is yours,

what is your complaint? Am I not feeding you and clothing you as well or even better than your neighbours? When you need anything all you have to do is to ask me for it and if I can afford it it is yours. Surely you should be satisfied." The fact remains, we are not satisfied. We try to be, but we are not. There are so many channels today open to woman whereby she can make an independent living for herself (and many have tasted the joys of self-support before entering their husbands' homes) that it makes it doubly hard to be thus dependent and when anything is required, instead of going to a purse of her own as formerly, she has to humiliate herself by asking her husband for it and undergo the mortification of being refused if she fails in getting him to appreciate the need as she does. One need not be a suffragette to arrive at the conclusion that there are rights and privileges denied the women in the home that if enjoyed would not only make them happier, but their husbands also. It would be a mutual benefit and I have faith in man's fairness and his respect for individual rights—even those of his wife—to believe that if the thought has been presented to him in a fair, businesslike way he will recognise the reasonableness of it and set about providing a way whereby his wife may handle the money of the home that is rightfully and naturally hers. And here I would add that for a man to know that his wife is keeping an intelligent account of her expenditures and is quite as businesslike about her finances as he is about his, is a strong incentive for him to give her a free hand and scope for her energies.

I find it convenient to do my bookkeeping under four headings—food, clothing, hired help and miscellaneous. I get monthly statements from the merchants, check them off with the bills received, enter all items into a small dated diary and then transfer to my cash book under the above headings. After totalling each separately I find the aggregate expenditure for the month.

It is very interesting to compare one month's expenses with another and any given month with the corresponding one for the previous year. By doing so one often makes discoveries that are quite startling. For instance, supposing that for a certain time the farm supplied the meats used on the table, and then for a corresponding period the meats had to be bought, the food accounts for these two periods would immediately

show a decided increase. Our attention is arrested and we at once investigate to discover the cause. We find that it is due to the failure of the farm to produce its own meats, and so with many other things that might be home grown. If we have been carrying out the principle of arousing and maintaining our husband's interest in our bookkeeping he will not only acknowledge where the leakage came in but will immediately set about correcting it. The garden, the dairy, the hens, the pork, the beef are tremendous assets to a farmer's table, and often money is paid out for these things that if kept account of and faced in cold figures a remedy would be provided.

The farmer is situated differently from the salaried man. Generally speaking he does not have much cash to handle until after his grain is threshed, but after he begins to market his grain why not deposit in the bank to his wife's credit as many hundred dollars as he expects it is going to cost to keep herself and household during the next year. It all amounts to the same thing in the end. He will have to pay out that amount anyway, and if his wife knew how much money was at her disposal for the year she would spend it to better advantage. By keeping a monthly statement of her expenditure, she knows exactly what she has. She also has an opportunity to provide during the lighter financial months of the year for the heavier ones. If she succeeds in closing the year with a balance on hand—what joy!

Here is another benefit in domestic bookkeeping. Providing through lack of experience her husband and herself also have not a correct knowledge of the amount of cash that should be set aside for one year's expenses. At its close after having done her best she finds herself with a deficit. Well, her husband will have to meet it, but if she has been keeping him in touch with her accounts each month and has been taking him into her confidence, he will not only be surprised, but will see the reasonableness of supplying her with a more generous bank account, or possibly plan his farm that large quantities of meat, vegetables, dairy products, etc., hitherto purchased, will be supplied at home on the farm, and thus lessen very substantially the cash outlay that would otherwise be required.

Always remember that we are partners in this home firm. While allocating our money to the different branches of the work and each carrying out the management of our respective

departments, there should be frequent and constant council throughout the year that each may be in intelligent touch with the affairs of the other as any business partners would be.

Some think that this kind of business relationship between husband and wife would interfere with the domestic happiness and raise a barrier. No such thing. It breaks down barriers, promotes good fellowship and inspires mutual confidence. Its success, however, depends first on our ability to convert and convince our husbands as to what constitutes true home partnership; and second, on the accuracy, constancy and simplicity by our domestic bookkeeping.

THIRD SESSION--FEB. 2nd.

Thursday's session was in charge of Mrs. Lorne J. Elliott, who called the members to order at 2 o'clock. Members of The Women's Musical Club who delighted the audience with their contributions were Mrs. E. W. Harding and Mrs. Mahoney.

"A Cooking Demonstration."

Conducted by Miss Hamilton

In planning for this demonstration I have chosen cheese as the article of food, as it is rich in the five important food constituents—water, protein, carbohydrates, fat and mineral matter. If we get these five things in correct proportion we have a very healthful diet. Of these, water is found in the human body in the largest proportion. Protein furnishes the material out of which the muscles, tendons, brain, skin, hair and a large part of the blood are formed. Carbohydrates supply us with the heat and energy. Fats also supply us with heat and energy and at the same time are quickly and easily stored in the body. When we have our regular supply of food, the fats are quite often stored in the body for reserve use. The chief work of mineral matter is to build up bone tissue and to regulate and keep the blood in good condition. Cheese is rich in fat and protein, it is one-third fat and one-third water, and about one-quarter of its weight is protein. The remainder is made up of mineral matter and carbohydrates. Cheese is made from milk, whole or skim milk, and whole milk is the one food among all others which contains all these five things, and in the correct proportion for infant food, as well as adult food. It loses part of them in cheese, but retains three of them. Taking cheese as a food, one pound of

cheese contains as much protein as two pounds of steak. Cheese is not indigestible, but it is too compact itself to be easily and quickly digested. When consumed with other foods it is valuable not only because of the nutrients present, but because it tends to make the foods with which it is combined more digestible. Cheese is a very cheap food, and it also affords a very nourishing diet and a great variety. It is a splendid substitute for meat, particularly at our supper dishes. Where food can be eaten in its natural state and easily digested, do not cook it, but cheese can be made more easily digestible by cooking it in the proper ways.

In starting work in the kitchen, always take the easiest way of doing things, and one of the first things is to arrange the kitchen furniture so as to be convenient. Have your kitchen table near to the stove and place near it the kitchen cabinet. Have your table covered with tin or zinc or some material on which you can set hot dishes. Measure the top of your table, also thickness of edges, and have your material cut large enough to cover the top and edges and tack underneath, uniting the corners. There will then be no danger of sharp corners to tear anything on or no place for the dirt to get underneath. Have your table, stove and sink convenient, and if you have no sink, have a cream can or milk can standing two and a half or three feet high near the table and use it for a supply of water. It will thus save a good many steps travelling to and from a water supply in the kitchen. Before you begin to cook, get all the utensils out on the table at once. Have at your right hand a tin for soiled dishes and one at the left hand to keep clean dishes. Get all materials on the table before you start. Learn the habit of going through the process of cooking before you start. Another thing which helps a great deal in our work is to have the right things to work with. But let me say that I have every respect for women who can make something else do if she has not the right thing. A few convenient things to have while baking are: a measuring or common tablespoon of the correct size, a paring knife, a spatula for scraping out dishes and also for putting cookies in tins, painters' brushes are useful for greasing tins, a glass measuring cup for acids or vinegar, a cutting board made of hard wood. Another thing you should have is checked



towelling to cover anything you have to leave exposed on the table and always keep it for this purpose. Always use the best granite ware, for the cheaper is apt to peel off.

The following dishes were then made and tested:

Cheese Custard.

One-half teaspoon salt, 1 egg, one-quarter teaspoon mustard, two-thirds cup of milk, two-thirds cup of stale cheese grated, speck of soda.

Put egg into saucepan first, then add cheese and measure in dry ingredients and beat thoroughly, then add milk. In measuring, pile things in loosely and to get level measurements of dry ingredients fill the spoon level full, take back of knife and cut. A pinch of soda separates the particles of the cheese and that is what we are working for in cheese—to separate the particles so that when we eat we shall not have a solid lump to digest. Because this is custard the egg is put in for thickening, so does not need to be beaten. If making a great deal, flour may be used for eggs. One and a half tablespoons flour equal one egg for thickening purposes. In cooking the custard, never let it reach the boiling point. Neither milk nor eggs should ever reach the boiling point when cooking. Cook custard in a moderately slow oven.

Cheese Sauce.

Two tablespoons flour, 2 tablespoons butter (unmelted), 1 cup liquid, one-quarter cup cheese, mustard, salt, pepper and a speck of soda.

Use a double boiler. Measure the quantity of butter in a tablespoon level full. While the butter is melting stir in flour and add other ingredients, then add milk. If cayenne pepper is used with cheese we get a nicer flavour. This cheese sauce takes from three to five or seven minutes if cooked directly over heat.

Welsh Rarebit.

Rarebits are things a good many people object to baking. They need more care than others, but they pay in the end.

One tablespoon butter, one-quarter teaspoon mustard, one-half pound cheese cut in pieces or grated, one-third to one-half cup liquid, one-quarter teaspoon salt, 1 egg, soda.

Put butter in the saucepan and when melted add cheese and other dry ingredients. If possible use a saucepan with a rounded edge. As cheese melts, add liquid gradually, then the egg slightly beaten. When done, serve on bread toasted on one side, the rarebit being poured over the untoasted side.

Cheese Balls.

Another way to use cheese is in cheese balls or cheese sticks.

Whites of three eggs, two cups of cheese or as much as you feel it needs to make a soft paste, one-quarter teaspoon paprika, one-quarter to one-half teaspoon mustard, speck soda, salt to taste.

Mix cheese and seasoning together, beat egg until stiff. Stir in cheese and other ingredients and roll into little balls. Fry in beef fat.

Potted Cheese.

Three pounds cheese, three-quarter cup butter, three-quarter cup vinegar, three-quarter tablespoon mustard, two and a half teaspoons salt, speck cayenne.

Grate cheese, add mustard, salt, cayenne and vinegar. Mix and rub whole together until smooth. Taste carefully and season to suit taste. It is wise to let it stand over night before putting into jars, you can more easily tell then if it is seasoned to suit.

There are many other ways in which cheese can be made into appetising dishes.

Miss Hamilton closed her demonstration with a few words showing that it would be possible to put an equipment for the teaching of domestic science into the country schools and what a great deal of good it would do at a small expense.

"Our Domestic Water Supply."

An Address by Dr. G. A. Charlton

Good water is one of the first essentials to life. We may live without food for some time, but can exist but a very short time without water. In choosing the location for a home the water supply is of the very first importance. The land may be as fertile as you desire but if there is no water there, neither man nor animals can live. Some parts of the province have a very poor water supply; some are very good.

Water, as you know, comes from the clouds. Rainfall is the source of our natural supply of water. It comes originally from the ocean and by evaporation is carried by winds over the land and precipitated as rain or snow. Snow or rain are the purest forms of natural water, but there is no absolutely pure water of nature. That is only obtained in the laboratory with considerable difficulty. Rain falling on land takes out of the soil, because water is the best solvent in nature, many mineral matters, and that causes two classes of water, hard and soft, soft being represented by snow and rain, and hard water of all degrees are those which we get in the streams, small lakes, as well as the rivers and large lakes. Some of our lakes are the remains of the ocean which once covered these plains. The soil has in it what we call salts and mineral matter and they are soluble in water and it is these salts which give to our well waters their peculiar characteristics. You may have found some waters bitter and may have wondered what made those waters bitter. Our soils, for some unaccountable reason, contain a large percentage of magnesium and Epsom salts. Sodium sulphate is present in the soil in quite large quantities in Saskatchewan, the probable source is from the burnt grasses. We find it in the water supply. Lime, which is present in what we call eastern waters, is not present to any very great extent in Saskatchewan water. There is probably more in the water of Regina than in any other water I have tested from any other part of the province. The lime which is present in the water is usually in the form of gypsum. This is very difficult to get rid of and is what we call permanent hardness. Other hardness due to lime is what we call temporary hardness. This is the form that we like to have in drinking water, which makes it clear and sparkling, and it can easily be got rid of by boiling, which gives us fairly soft water. Hardness

due to magnesia or gypsum is difficult to get rid of. By using chemicals, which are expensive, we get it all out. About the only way to get rid of that hardness, and in fact the only way in which it can be cured, is by distillation, and that is not possible in large quantities. Wells sunk in our clay land very frequently mean hard water, as you very well know. It seems if we can go deep enough we almost always get an excellent supply of water. Some have been so fortunate as to have flowing wells. Such places as Carievale, Bladworth and also Rosthern have had flowing wells which chemically were very closely related. The water from the flowing well at Carievale is almost undistinguishable from Regina water. They are beautifully clear and sparkling. If we can go deep enough we are nearly always sure to get good water. Of course boring deep wells is expensive and sometimes can only be done by co-operation. That is another solution of the water supply—to sink deep wells.

Having a good well, we assume you have a good supply of water. It should be counted a most precious asset on the farm and should be safeguarded. The first consideration is to keep the water pure. Naturally before settlement came into that immediate vicinity that water was pure from a bacteriological standpoint. It did not contain germs of typhoid, dysentery or any disease. The location of the well is the first consideration. It should be away from outhouses, the distance, of course, as far as you can have it with convenience, but never less than 150 feet. Then the soil around the well should be rounded up in order that surface water should run off and any overflow from the well should run away and not get down into the well. The cover should be tight so that rain cannot go through it, neither insects or small animals. Small animals are attracted to the well by moisture in the surrounding soil. The top of the well should be covered tightly with at least two thicknesses of lumber with the joints overlapping, and as I say, raise it up at least a foot so that it has a sloping surface. Live stock should not be allowed to come in the immediate vicinity of that well. You should have a trough to carry water eight, ten or twelve feet away, and better still, surround the well with a fence if there is no other way of keeping live stock from it, because live stock produce more or less offensive material we do not want around the well.

If you are so unfortunate as to have a well become contaminated in the course of time with surface water getting in, as it may by going down through the soil and percolating through the clay, the only thing to do if there is an outbreak of disease that demonstrates that this has happened, the water should not on any account be used. A well should be cleaned at least once a year. In a large percentage of wells it is possible to pump all the water out, clean thoroughly and allow a fresh supply of good to filter in.

In regard to the bacteriological side of it. Frost does not kill bacteria, but prevents them reproducing. When water freezes, the mineral salts are separated and fall down and you have rising to the surface a pure water containing very little or practically none of these mineral salts. Thus, melting ice from a hard water lake gives you soft water.

If you want to be certain in regard to the quality of water, the provincial laboratory is always at your disposal. If you wish to send samples there in order to get a chemical analysis, it will be necessary to send two quarts. You can send that in any clean jar or jug. You do not have to sterilise it. Ship this by express. For a bacteriological analysis send about four ounces. Get a new bottle, asking the druggist for a new cork. Take bottle and cork home and put them into a basin of water, enough to cover, and put it on the stove. Boil fifteen minutes, set the whole thing aside until cool and when you can take the bottle out, take it up by the bottom, avoiding the mouth of the bottle. Take the bottle to the pump and fill it with water after pumping several minutes until you are certain you are getting water from the bottom of the well. Fill the bottle, holding it by the bottom. When full take the cork by the top end and cork tightly, then tie that down with a piece of strong cloth. The object of such precaution is to kill all germs in the bottle so that the sample of water going to the laboratory contains no germs except those in the well. There is no charge to individuals for these analyses, although there is to corporations.

"Hints on Home Nursing."

An Address by Dr. Mary Crawford

Dr. Crawford's opinion in regard to the necessity of a knowledge of Home Nursing for Western women was summed up in these words: "To my mind a more unreasonable, absurd circumstance is hard to be thought of than that of a woman alone with a sick person in an isolated home or confronted by a sudden emergency, yet who knows not what to do for the sufferer. She stands helpless and heartbroken at being unable to aid a loved one, or, worse still, she loses her head and may bring on herself a severe illness in consequence of shock.

"Whereas, if she had a basic knowledge of first aid to the injured and some fundamental idea of nursing she could save life and at least be of assistance instead of a burden.

"To me it is shameful to hear a woman say, 'I cannot stand doing anything for a sick person. I am too sympathetic. I cannot bear to see them suffer.' They seem to think that it is womanly to run away from such things. On the contrary, it is cowardly and the true woman is the one with sympathies under control—not lacking, mind you—who stands by her post to help whenever help is needed.

"No woman should go out to a lonely farm, perhaps miles away from the nearest neighbours without a good grounding in what is known as 'First Aid to the Injured.' . . . She can at least provide herself with books on the subject, which can be obtained at small cost.

"No family should go out of reach of easily obtained medical help without being provided with a well equipped medicine chest, and a working knowledge of the medicines in it."

The following equipment was recommended for the medicine chest: A clinical thermometer, cascara tablets, calomel tablets, Dover's powder, quinine, chlorodyne, Epsom salts, tincture of iodine, olive oil; an eight ounce bottle of brandy, never to be used except in cases of emergency.

Then the antiseptics—boracic acid, permanganate of potassium, carbolic acid, lead and opium lotion—to be kept in a separate box and high out of reach of the children. Also bandages of ranging widths should be in readiness, a triangular bandage, a roll of sterilised absorbent cotton, five yards of sterilised gauze and some safety pins.

Warwick's First Aid to the Injured Manual was recommended for instruction.

Dr. Crawford, during her address, gave in a clear, direct manner, easy to be comprehended, directions for taking the temperature and pulse of a sufferer, for bed making, preparing the "Normal Saline Solution," for bathing and saving patients from bed sores, for ventilating the sick room without creating drafts; for the application of heat and the preparation of poultices and many other most important branches of nursing.

CONCLUDING SESSION--FEB. 3rd

At 9 o'clock Miss Beynon reported for the constitution committee and the form of constitution recommended by the committee was unanimously adopted. The regular programme was then presented and the following addresses were given. Before the adjournment of the convention hearty votes of thanks were tendered the press for their reports of the convention, the Collegiate Institute board for the use of their hall for the convention, and to the Women's Musical Club and the Regina Local Council for Women for their enjoyable entertainment.

"Some of the Things Women's Clubs Can Do For Our Public Schools."

An Address by Miss Lillian K. Beynon

This question is altogether too big for me to discuss fully this morning, so I will touch on only a few of the things we may do for our public schools. A great deal of the influence we can have on the public schools is an intangible something that lifts the standard higher, something that will influence both pupils and teachers to better work. We are very unfortunate here in the West in the matter of teachers, for they change so frequently. The best results are not obtained by having a young girl come in and practise on your children for four or five months, and another girl the next year for four or five months. A great many people go into the teaching profession as a stepping stone to something else. Teaching is not paid for in proportion to the other professions and consequently most people soon leave it. A teacher cannot stand her work for a great

many years, and it requires a great deal of tact and ability which so many people lack. If we raise the standard we raise the salaries. This is a matter with which women will have something to do. Take an interest in the teachers. Some teachers think if you go to the school house you go to criticise. Make the teachers see that you are going to work with them for the good of the district. If the teacher feels that you are interested in the work that is being done in the school—not in an interfering way—it will encourage him or her.

I would say, give the children a fair chance. A great many people in the West do not do this. They think too much of land and money. As soon as a boy is twelve years old he is kept home to work the land. It is a very good idea to give your boys and girls farms when they grow up, but they have bodies and minds that need to be cared for and trained in their youth. They will blame you in after years if you do not give them a chance. Any boy that is worth five cents will make things go if you give him a good education. Do not forever think about giving him land and houses. In a district where I once taught there was a very large family with a beautiful home. I never saw such a family to work. To the oldest boy there came a chance one day of what he considered was the one great opportunity of his life. He had physical equipment, but was not trained mentally, and so had to pass it by. "Here I am," he said, "robbed of the one big thing I want in life." That boy is now a disappointed man, and will be a disappointed man as long as he lives.

One thing women's clubs could do to increase the attendance at schools is to offer prizes. If a truant officer is not doing his duty we should go and see that he does. We have developed a school system absolutely different from nature. We should all get busy and change the school system and get some way in which children can develop naturally. We have an example in New York schools. The children in two schools take manual training for threequarters of the time. They are busy using their hands as well as their brains. At the other schools they spend their time in the old-fashioned way. At the end of the year they were given the same examinations, and the schools in which they had been studying manual training were ahead of the other schools. You could teach almost every subject in any public school by teaching manual training. If a good

school system like that existed, we would not have to force children to go to school, for they would want to go.

We should encourage the pupils to beautify the school grounds. At Grenfell last year, the agricultural society offered a prize for the best kept grounds in the rural districts. There was not much interest, not as much as there should have been, but they are going to try again. It is only by eternally keeping on that you win. Another thing—have the school grounds fenced, and see that the school is cleaned regularly. I do not know why people seem to think that the rural school never needs to be cleaned. It should be as clean and sanitary as any town school.

You can undertake also to have pictures in the school room. Children like pictures and are much interested in them.

Is there any reason why sewing should not be taught in our public schools? If we were as enthusiastic as we might be, some women might give a couple of hours one day in the week to teach the children sewing. The main thing is to get started.

Domestic science should be taught. Equipment for a small domestic science course in schools would be about \$30, and there is not any school that could not afford that amount.

There is another question, and on this question I feel very strongly. That is, that our boys and girls should be taught more personal physiology. They should know more of the structure of the human body and of the care of that body. There are hundreds of girls and boys that know practically nothing about their body. That knowledge can be taught in a perfectly pure, perfectly simple, and perfectly rational manner. We have so long had such false ideas of modesty that it is going to take a long time to teach our teachers. This is a question on which I feel very strongly; because in my position I have letters from scores of young women out in this country who know absolutely nothing about their children, and simply cannot care for their babies. As women in this organisation we can do a very great deal.

The teachers should have drill in the schools. A great many of them go through a certain amount of drill about once a week—that is useless. They must drill every day, and must go at it with vim and enthusiasm that shows they are going to do something. Manual training is going to be more difficult to

get into our country schools. The equipment is more expensive than a domestic science equipment, but why should we not have it in the country? The average country person is better off than the average city person. Agriculture also should be taught. When I first started out to teach, I had the idea that the smart children had to get busy and learn a profession and get off the farm. I soon saw that if men were going to farm properly they required much training. A great deal of the hard times in our country is due to the fact that people believe they can farm without any training. Boys and girls should be taught that it is a profession, and that there is nothing finer in the world.

Let us as women be interested in this work and do what we can to raise the standard. No person can equal mother if she once makes up her mind. Women should act on our school boards. I would urge that you make a study of the schools; and I would say, in conclusion, that it is not a disgrace to get out and canvass for a place for women on the school board.

"The Delegate's Duty After the Convention."

An Address by Miss Mary S. Mantle

If your district is one of the missing links in the chain of women's clubs, why not start work forging that link at once? We never do better work than when we are enthusiastic, and if the delegate has thoroughly enjoyed this convention, if she has had a vision of what these clubs mean, if she is returning to a district where there is no club, I think she will feel that it is her duty and special privilege to start one as soon as she can. Delegates coming from where there is a club will feel it their duty to try to extend their club and its usefulness. Are we going to wait until the College of Agriculture can send aid to all of the school districts of this province? Should we not rather say that we will take this convention as our aid in the meantime, and with the inspiration and knowledge here gained, go

home and try to make a start for ourselves? Do we not owe this to ourselves and the community? The college is going to do a lot, but all the same, they cannot undertake it all at once, and I am confident that the rapidity with which this movement will develop will depend very largely upon what we are able to accomplish this year for ourselves, upon the spirit upon which we start out upon it. If you start a club in your district or a club in another district, you are doing two things, a direct work for your own district and an inspirational one for another district. If you say what has been done can be done, they will go ahead and try to start a better club than yours. If we feel a certain thing is needed, it will be a really helpful, progressive step if we feel the responsibility to bring it to pass. It is the people with a vision who do all the good things in the world. If half the ladies from your district had attended this convention, do you think there would have been any difficulty in returning home and starting a club? Because only two or three have been able to come, have they not a greater responsibility to carry this plan back? We cannot help being enthusiastic about the movement. If we came enthusiastic, we go home doubly enthusiastic. It is one of the finest things we have yet had brought within our reach. The women of this country through their homes can make it what they please. How great is our responsibility! It is the aim of women through these clubs to help each other.

There are a great many who do not like to undertake a new thing because they do not know whether it is going to succeed. Some of you are going home to a district where there is not a club. Others there will want to know about the convention. That will be your opportunity. Why not gather two or three together at your home and tell them of your experience. Suggest organising. Having secured their co-operation; on your joint responsibility, let all of those present call a meeting for, say two weeks ahead, and invite to that meeting all the women interested and the men interested. Advertise it in the local paper for two previous issues and then issue another notice regarding it. There are many publicity methods of which I might speak or of which you know, and which it would be possible to carry out. Write the college for a copy of the constitution and for any information in form of bulletins or literature which they may have.

At the meeting, I think one of the many important things to consider in planning to have such a meeting is a president—not a permanent president, but a president for an organisation meeting. A president can very often either make or mar a meeting. A paper should be read setting forth very practically and simply the importance of the women's club. Do not enter into details, it confuses people. You have to make all your appeal to people who do not know anything about it. If you have in your community an Ontario lady or an American lady who has had experience, why not ask her to give a few minutes' talk. The constitution should be read, I think, and a good discussion should be stimulated. No good thing was ever yet hurt by discussing it. It is sometimes difficult to get a discussion started, but it usually is not difficult to have it continued. If only half a dozen are anxious it would be well to make a start and go ahead. At the close of the organisation meeting have committees meet for a few minutes to arrange a date for their first business meeting, it saves trouble in getting them together again. Some like to organise under the auspices of the agricultural society and this has the advantage of interesting the men in it.

Publicity work connected with starting a new club is one of the important things to consider. I think it is hardly fair to ask the secretary to do all of that. It should be done by some one of the club. Why not appoint a publicity secretary *pro tem.*, state definitely what you expect of her, give her definite dates and information. In that way the work would not conflict at all and it would certainly help out the secretary who is pretty busy at the start.

There are many going home to where a club is already started, anxious to develop it further. There are one or two ways in which the work of women's clubs may be advertised and made known. I do not think there is any way stronger than good meetings. Emphasis has already been laid upon the necessity for planning the programme well ahead, at least six months ahead. It gives those on the programme opportunity for looking up the information which they want. If they have to prepare a speech or paper in a hurry they do not have a chance to get the data they want. Good meetings are the first thing. A seasonable programme means an interesting pro-

gramme. In March I would not discuss things seasonable in December. One or two things which will spoil a meeting are unpunctuality and desultory meetings, where meetings have not been well arranged beforehand. Pressed-in officers are surely a mistake in any club, and it is a very great pity to appoint a vice president whether she wants it or not, or whether suitable or not, just for the sake of filling that office in the beginning. The spirit of criticism instead of co-operation will kill a meeting and very soon will kill a club. If we are to attain the ideal of a sisterhood and the breaking down of barriers, the spirit of co-operation must prevail. In starting a new organisation there will be all kinds of room for criticism. The spirit of co-operation will bridge you over these hard places. Get men interested in your club. While talking of women's clubs, we must not forget that woman's cause is man's. If we can get men interested we can count upon their help. The agricultural society which understands your club—and you should see that they do understand your club—is going to help you a good deal, and you should always see that they have notice of your meetings.

Another way in which you can interest the neighbourhood is to have an evening meeting from time to time and invite all the men. If that is done, the programme must of course be suitable. A paper, for instance, for bachelors on simple cooking might be interesting; or a paper on money allowance for boys and girls. The agricultural society might be asked and be willing to offer a special prize to be competed for by women's institute members only. Prizes offered, say for the best five-piece lunch for a field worker on a summer day. Make a special bid for all young girls and young women. If you are especially trying to interest young girls and young women, a programme must be arranged for that purpose. The married ladies perhaps would provide part of it. Having got them there you do not want to just take what they have to bring and not give something to them. If given such a talk as "Hints on Nursing" it should be interesting. There is no stronger advertisement for you than good meetings. Plan them well ahead, that part of them is very important.

When advertising it, of course, the local paper would have a notice in the two previous issues, and a report of the meeting in the next issue. The publicity work in connection with a new

club is very important. A great deal is to be done, because in most districts people do not know what it is. They wonder what is a woman's club? Who can join a woman's club? The post office and the church and the school house should have notices and should always be supplied with notice of meetings. The more you can tell of what the meeting is going to be, the stronger will be the appeal. Members for a time should be reminded of meetings and a post card is the best way, giving as many particulars as possible. I would not send out any notice of meeting without adding a request to every member to bring someone else with them who has not been there before. In that way work is extended.

A special undertaking advertises your work splendidly and is a very ideal way. The purchasing of a vacuum cleaner by one women's institute has already been mentioned, also having a resident nurse. You are directly or indirectly associated with public persons whom you can interest. The doctor has been spoken of, and there is also the school teacher, the banker and the lawyer, as well as others. Have the lawyer give an address. If we understood better the laws which confront us as women, we would have more sympathy with the women who are over-energetic reformers. Everyone who is sympathetically interested advertises your club, and the more public their positions are, the more they advertise you.

There is another good way to advertise your work. At the local fair held in your district, distribute hand bills and have a large card displayed somewhere on the fair grounds reading something like this:

The Women's Club of.....

We meet on the first Saturday of the Month.

We meet at 2.30.

We meet to enjoy social intercourse.

Then follow underneath an invitation to all to come. Invite the visitors from the adjoining districts to come. Address the information always to people who do not know anything about the club. Why not have a women's club picnic? It would be a very interesting form of advertisement. Where the club has a rest room it would be a good thing to supply at least

one magazine—one which would be very interesting to homemakers. Paste a label on the front page of it saying it is supplied by the women's club of the district. The club should not be modest when trying to develop.

I think this convention has been a splendid demonstration on a large scale of what a woman's club can be in any place on a small scale. Possibly equally important with good meetings is getting the members themselves interested in extending the work. Sheldon has said: "The best advertisement is the wagging tongue of the satisfied purchaser." Be sure and bring a new person to every meeting. Do not ask them to join at the first meeting, but after they have been to two or three they will join of themselves. Have the secretary invite two ladies of an adjoining school district. Each club has some responsibility in extending the work. It is the only way in which this movement is going to spread with the rapidity with which it should. To next year's convention why not send your most progressive and most able members, but send one from the tail end of the procession also and you will greatly strengthen your club. In closing, I wish you every success with the club you are going to start when you go home, or the one you have already started.

"Plans of the College of Agriculture For Assisting the Homemakers' Clubs."

An Address by F. Hedley Auld

Miss Beynon and Representatives of the Homemakers' Clubs:

Reports have come to me of the very successful meetings which you have had here, of the large audiences and of the deep interest which has been shown in the movement which will in future be known as the Homemakers' Clubs. Such a beginning gives promise of great success in future. You know the old saying that "well begun is half done." If that be so—and I believe the adage to be true—success awaits us in this work.

You are expecting me to give you an outline of the plans of the College of Agriculture for assisting the Homemakers' Clubs. Let me say first that the college aims to make the Homemakers' Clubs the means of great assistance to the women of Saskatchewan. We need an organisation in which all the women of the province can unite and work together without feeling any restraint on account of racial or religious differences. We want all the women of a district to meet on common ground, each imbued with a desire "to promote the interests of the home and the community." With such an organisation the College of Agriculture wishes to be associated.

It will be our aim to leave to the clubs so far as we can do so the management of their own affairs. We shall plan to send one or more speakers to each club at least once a year and oftener if we can. But let me ask of you not to expect too much in this respect. We have not organised many clubs yet, but I expect that before very long there will be several hundred and then the clubs will have to rely more and more upon their own members for the holding of their meetings. Now, however, we shall do our best in the way of supplying speakers. But the clubs must plan at the same time to carry on their meetings regularly during the months that must elapse between the visits of our speakers.

Then we aim to hold conventions similar to this one. There will be one large provincial convention annually at the College at Saskatoon. That convention will be as good as we can make it. Indeed, all of them will be as good as we can make them, but this one will be for the whole of the province. There will be before long several other conventions each year. But they will be for small areas and will be attended by a larger number of the members of your clubs. We shall hold one in June or July next at Wolsley, and we expect to have women attend from all the territory adjacent to the main line of the Canadian Pacific Railway between Regina and Moosomin and from the Wolsley-Reston branch, as well as from a considerable area north and south of these lines of railway. This convention will probably occupy two days. At that gathering we shall organise county associations for the three electoral divisions of Moosomin, Pipestone and Moose Mountain. That is, we shall appoint officers for these three counties who will have direction of the work of the clubs included in the territory which is comprised

by each of these electoral divisions or "counties" as we shall call them. A form of constitution for the county association of Homemakers' Clubs is being prepared and will be submitted for approval at the forthcoming convention. This will be but the beginning of these county conventions. We shall gradually organise county associations in the other electoral divisions and hold county conventions from year to year in larger numbers. These conventions will be centres of inspiration where ways and means for organising and carrying on Homemakers' Clubs will be discussed so that the very best results will accrue to our organisation. But while we shall hold provincial conventions and county conventions and supply speakers to local clubs there will be, as I have already pointed out, many meetings which the Homemakers' Clubs will be allowed to arrange and conduct of themselves and by themselves. The College plans to assist in these by supplying printed bulletins to the members of clubs. These bulletins will be prepared by competent persons and will deal with a number of timely homemaking topics. They will, I expect, be issued monthly during a part of the year so as to be of greatest value to the homemakers. In fact, I hope they may soon be taken as a text for the regular meetings. You will know what I mean if I liken them to the International Sunday school lessons which have been introduced so widely that we now have boys and girls and men and women, not only in Saskatchewan, but in many countries throughout the civilised world studying the same topic at the same time. This, I hope, will be the way in which our bulletins will be used by the Homemakers' Clubs. Do not misunderstand me when I compare them with the Sunday School lessons. Our bulletins will not deal with religious themes, but with domestic questions and they will be as practical and as helpful as practical and capable women and men can make them.

Now, I have promised speakers, conventions and bulletins. There remains another matter and a very important one. I am glad that the Honourable Mr. Motherwell is here this morning, for this last matter is one in which he will be interested. Mr. Motherwell is often asked for assistance of a financial nature through the Department of Agriculture and usually the appeal meets with a hearty response if it merits favourable recognition. I wish to tell you in his presence that I am planning how we can provide a measure of financial assistance from

the government for the Homemakers' Clubs. I have not decided upon all the details of the plan, but I expect to go before the minister of agriculture before the next session of the Legislative Assembly is held and present your claims for financial aid in the good work which you are doing. And I am assured that our plea will not be in vain, for no more worthy claim could be presented for his consideration than that of the Homemakers' Clubs of Saskatchewan. The home is the nation's prop. If the home is preserved and its interests fostered, we need not fear for the future of Saskatchewan.

Now you have had an abundance of information, suggestion and inspiration at this convention, and I need not say anything further to you this morning. I know that you will return to your homes with an eager desire to make your local club prosper. The College will do its utmost to assist you. I thank you for your attentive hearing and wish you the fullest measure of success in your work.

"Domestic Science Training For Saskatchewan Women."

An Address by Hon. W. R. Motherwell

In Mr. Motherwell's opening remarks he congratulated the convention upon its successful meetings as the first gathering of "homemakers," and stated that the extension work of the University would be incomplete without this important adjunct.

In part, Mr. Motherwell said: "I wish to point out one of the useful works in which your local clubs may engage. The success of any organisation depends upon its doing something—upon having something to do and doing it. The success of your women's club will depend upon its activity. Provide something for your members to do. The National Council of Women in this city and the Salvation Army are both being used as a medium for getting domestic servants. The province advanced \$12,000—\$6,000 to the National Council and \$6,000 to the Salvation

Army to be used for the purpose of securing suitable domestics and bringing them over and placing them in homes that need them so badly. At least one thousand of these domestics will be distributed in rural homes. I think the Local Council of Women could use the women's clubs as a medium in distributing domestic help throughout the country.

Now in regard to domestic science. Can we agree on what constitutes domestic science? What has this to do with housekeeping? Is it to find out what is the best way to keep house, the most efficient way, the easiest way, the most dignified way, and the way that affords the most pleasure? So far as my recollection serves me, the way in which housekeeping was carried on in the old days was in getting up at the peep of day, working hard all the time people were up, retiring and sleeping, and getting up again early the next day, hurrying all the time. Very little pleasure was found in such a life. There has been a tendency of late to go to the opposite extreme. A girl of those days was practical, she learned all the arts of housekeeping. Today there is a danger of running to an opposite extreme. They think now that it is not necessary to be able to "do up" collars and to perform a number of such duties that can more easily be done out of the home. A great many of our young ladies, daughters of parents of affluence and of wealth, sometimes forget the practical side. A girl goes to school, takes up music, painting or other of those pleasing studies and she has no time with her mother to learn housekeeping. One of the most difficult things is to give our boys and girls a good practical education and to avoid at the same time the chances of winning them away from good honest toil. Before a girl goes to a domestic science school, she should do a good amount of practical housekeeping at home. If she begins the study of domestic science as many boys studied agriculture years ago at the agricultural college, without knowing anything about the work, (the first two years may be taken up in learning things that should be known before they begin their college course. One condition under which boys are now admitted to our agricultural college is that they must have spent at least one year on the farm previous to attending the college. In domestic science it should be just the same. It is a mistake to send off to a domestic science school a young lady who has up to that time entirely neglected her training in

domestic practice at home. Some say that the mother is the proper teacher, and the kitchen at home the proper school, but the domestic science school has a great many advantages for a study of many things which cannot be taught at home.

We have for several years been giving agricultural scholarships to our young men. A short time ago we made provision for extending the same plan of scholarship so as to include the young ladies. These scholarships are confined to rural districts, to sons and daughters of farmers who attend agricultural colleges or domestic science schools outside of this province. The scholarships will be continued until our own colleges are opened. Any information in regard to them can be obtained from the Department of Agriculture at Regina. The University has a course in arts and science for preparing young men and women to go out and teach or to enter various professions. The College of Arts and Science of the University is doing that. We have also an agricultural college to prepare boys to farm better. It seems to me that in all the advancement of modern times, domestic science, the question of home making, is the one above all others that has lagged behind. Can we point to any improvement in our kitchens? Labour that is disliked is a burden to everyone; labour that is interesting and done intelligently is a pleasure. The University of Saskatchewan would be entirely incomplete without a domestic science school and just as soon as we can get the foundation work of the University laid—it will take a year to get the students' residence and the other buildings going—but just as soon as it can be done afterwards, in the course of two or three years—we cannot say definitely how soon—a domestic science school will be established there in connection with the University.

"Entertainment by Local Council of Women:"

A very bright and pleasant feature of the week spent in Regina and one which the delegates to the Homemakers' Convention will long remember with pleasure was the reception tendered them in the Y.M.C.A. hall by the Regina Local Council of Women on Friday afternoon at the close of the convention.

Arrangements for the reception had been taken in hand by the local council when it was first announced that the convention would be held in Regina and the delegates looked forward to it as one of the enjoyable things which awaited them at the capital city. Upon their arrival, a very cordial welcome was received by the council's guests from Mrs. G. C. Hill, acting president, Mrs. McAra, Mrs. Palmetier, Mrs. Williams and Mrs. Adam Ross. Mrs. Hill also gave a bright little address of greeting, while Miss Lillian K. Beynon on behalf of the home-makers expressed in a few well chosen sentences the pleasure which they felt in being present. Solos by the well known favourites, Mrs. Hisey, Miss Molly Murphy and Mrs. Creswell were highly appreciated, while Miss Gladys Perry contributed piano solos very acceptably.

One of the enjoyable numbers on the programme was a reading by Mrs. Nellie L. McClung, who gave an extract from "Sowing Seeds in Danny," which met with an appreciative response from the large number of women present. Afternoon tea was served from a flower adorned table by Mrs. Rimmer, Mrs. T. B. Patton and Mrs. John Franks, assisted by Misses Sadie McCaffrey, Molly Murphy, Eva Seymour and McCarthy.

Many kind words were spoken in appreciation of the efforts of the women's council to help their out of town sisters to pass the time spent in the city pleasantly.